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DAY 2
AVALANCHE WEEK

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FOR SNOWMOBILER JEREMY HANKE, THE B.C. BACKCOUNTRY IS A LIFE-SAVER THAT ALMOST BECAME A LIFE-TAKER PAGES 10 & 11

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# TTC by the kilometre?

**Funding options.** New report suggests distance-based fares to raise billions required for transit expansion

Should you pay more to ride transit depending on how far you're travelling? Should you pay less if you ride outside the rush hour?

The answer to both questions is "yes," says an academic report being released Tuesday by the Residential & Civil Construction Alliance of Ontario (RCCAO).

Asking transit users to pay more to expand service is an idea that has received scant attention in recent discussions of how Toronto will raise $40 billion to expand public transportation.

But the new report says it's one of several options premier-designate Kathleen Wynne should consider in concert with other road user fees.

Metrolinx says the region needs to find at least $40 billion to save itself from economically choking on gridlock over the next 25 years, and residents should expect to pay since governments don't have the money for those investments.

A former transportation minister, Wynne is already on the record that the region has to come up with new money to pay for transit expansion, said RCCAO spokesman Andy Manahan.

Road tolls and transit taxes, traditionally "politically toxic" subjects, could help a new premier position herself as fiscally responsible, he said.

"There's a lot of political capital at stake here," said Manahan. "If fiscal responsibility means the province can't afford to pay for (transit expansion) and we're going to have to move to a more user-pay kind of a system, that's the nexus. I think that has to be looked at."

The report suggests that flat-fare transit encourages urban sprawl by allowing commuters to live farther from their jobs without paying more to commute.

"Flat fares also discourage people from using transit for short trips," it says.

But it goes onto recommend that transit fares only be restructured in conjunction with other road pricing measures, such as highway tolling. TORSTAR NEWS SERVICE

**Potential sources of cash**

- The report recommends first tolling some high-occupancy lanes, then moving ahead on the big money-making business of tolling 400-series highways.
- It also recommends restructured parking fees so they're based on occupancy rates. A commercial-parking sales tax and a parking levy, whereby a special property tax is applied to non-residential, off-street spaces, could also be money-makers.
- Vehicle taxes and regional fuel or sales taxes are also in the mix.

## RAPTORS CAN'T KEEP PACE

The Toronto Raptors' Jose Calderon tries to keep up with speedy high-scoring pivot Stephen Curry of the Golden State Warriors during a game at the ACC Monday night. The Raptors went down to the Warriors by a score of 114-102. Story, page 32. RENE JOHNSTON/TORSTAR NEWS SERVICE

## Canadians on ground in Mali

Special forces are there to protect personnel, not engage in combat: Feds

PAGE 13

## Hadfield blasts off on Twitter

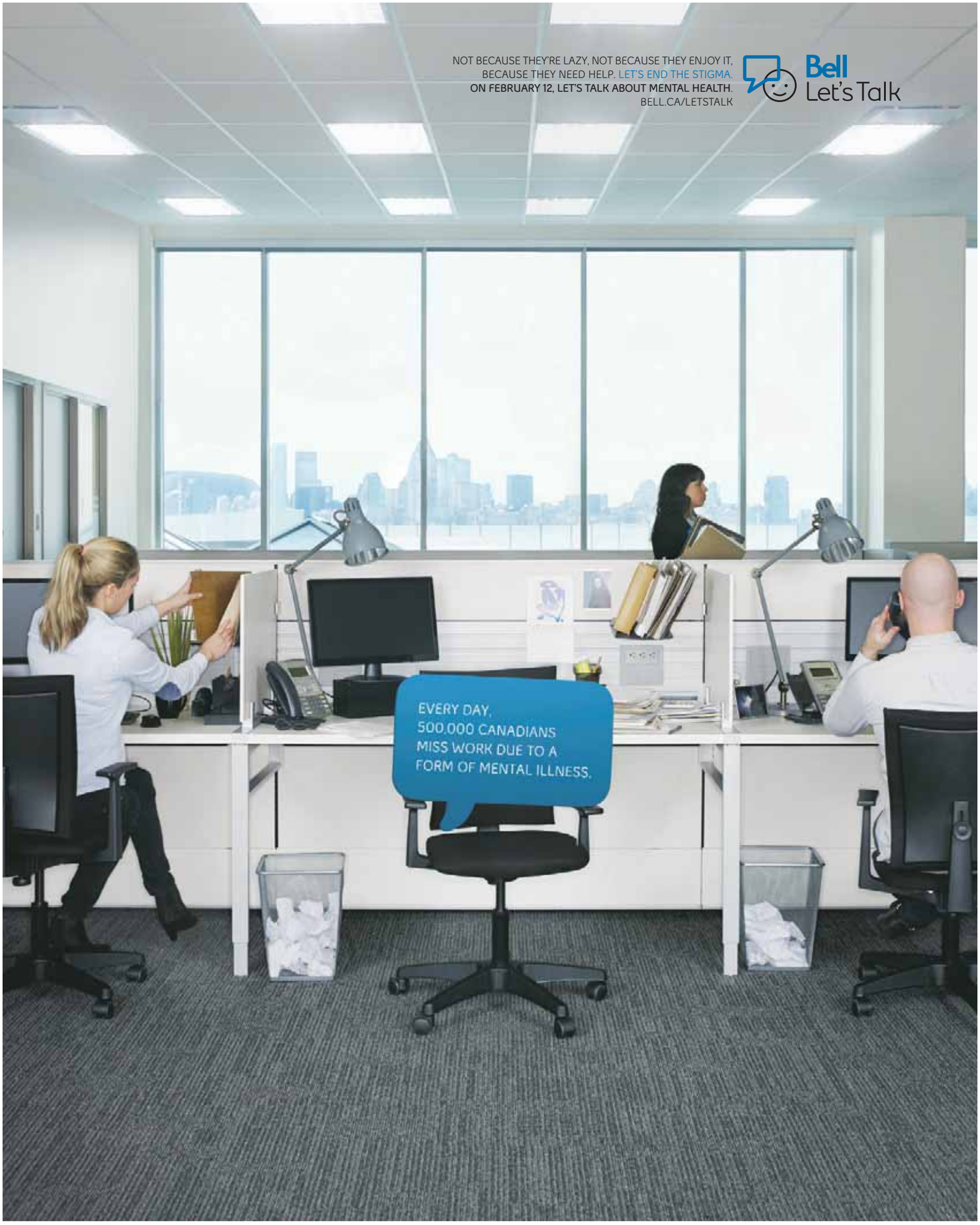
Canuck astronaut's tweets from space have earned him thousands of followers

PAGE 21

## Sometimes it pays to pedal

One company is offering incentives to employees who bike to meetings

PAGE 4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'Billions of dollars'

## Warmer future for TO will strain infrastructure, says report

Gardiner Expressway
TORSTAR NEWS SERVICE

Toronto must overhaul its aging infrastructure to adapt to dramatic new climate-change projections — a process that could cost billions — say some councillors and environmentalists.

But as the chair of the parks and environment committee remains skeptical of the new projections, some are doubtful the changes will be made anytime soon.

A study commissioned by the city and set to be discussed Tuesday by the parks committee predicts temperatures about 4.4 degrees warmer and a marked increase in extreme storms by 2040.

"If people are concerned about a crumbling Gardiner, this study makes it look like a teeny, tiny pothole," said Franz Hartmann of the Toronto Environmental Alliance. The study, called Toronto's Future Weather and Climate Driver Study, reveals that Toronto's climate 30 years in the future will be marked by fewer but more intense storms, less snow in the winter and increased heat and humidity in the summer.

Coun. Gord Perks, a member of the committee, said the study means the city has "billions of dollars of work to do" — including expanding the capacity of sewers and re-engineering green spaces to accommodate temporary ponds of rainwater.

TORSTAR NEWS SERVICE

## Transit. Strollers are welcome on TTC: Poll

The TTC doesn't need to change its baby-friendly approach to transit, according to a poll that shows a majority of Torontonians welcome buggies on the bus.

Most people surveyed don't even believe their numbers need restricting during the rush hour, or that stroller pushers should pay more to ride.

About six in 10 (57 per cent) respondents to a Friday poll by Forum Research indicated they are against any restrictions or fees for strollers on the TTC.

One in four people (28 per cent) would, however, limit the number of strollers on TTC vehicles during some hours, according to the survey of 1,099 households. Only five per cent of respondents said strollers should be banned from the bus or charged an extra fare.

The group most likely to believe there should be some buggy restrictions? Seniors. Forty-six per cent of those over 65 said there should be limits on strollers in some hours.

TORSTAR NEWS SERVICE

## Markham. City set for arena showdown

Markham councillors expect a boisterous overflow crowd at its civic centre Tuesday night in a showdown over whether the city should provide taxpayer money for a proposed $325-million, NHL-size arena.

"It will probably be a no-holds-barred meeting," said veteran councillor Jim Jones, who has led opposition to the idea of public financial aid for more than a year. "People should come out because it will be educational ... maybe confrontational." The debate over the 20,000-seat multi-purpose building near Highway 407 and Kennedy Road will precede a crucial council vote on a motion to rescind the project's "financial framework." It features a cost-sharing formula between taxpayers and a private developer. TORSTAR NEWS SERVICE

A rendering of the proposed arena.
BBB ARCHITECTS HANDOUT

# Teary Bailao announces DUI guilty plea to media

**City hall.** 'It's about my conscience,' councillor says 3 months after declaring she'd fight charges

Alone, this time, and crying, Coun. Ana Bailao held another city hall news conference on Monday — this time to announce she had pleaded guilty to the drunk-driving charge she said she would fight.

"I made a bad decision," Bailao said. "I take responsibility for it."

Bailao acknowledged that her blood-alcohol level was 0.13 grams of alcohol per 100 millilitres of blood, more than 60 per cent above the legal limit of 0.08. She also acknowledged that she had been drinking at the Thompson Hotel before her arrest with a lobbyist representing a casino company, among other corporate interests.

"I can guarantee you that no discussions about any of those files happened at that location," Bailao said.

Bailao said she pleaded guilty on Monday to the charge of exceeding the legal limit. A second charge, of impaired driving, was dropped. She said she has been prohibited from driving for one year and that she will pay a $1,000 fine.

Bailao, a first-term councillor who represents Ward 18 in Davenport, is a Liberal swing voter whose support is courted assiduously by both Mayor Rob Ford and the left-leaning opposition. To the dismay of the advocacy group MADD Canada, supportive councillors of all stripes attended her post-arrest news conference in October, which was co-ordinated by Ford's communications staff. TORSTAR NEWS SERVICE

Quoted

**"It doesn't really matter. It was one too many. And at the point — I don't want to say, here, as well, or three or four or five, and everybody thinks that three or four — it was one too many."**

Coun. Ana Bailao

Coun. Ana Bailao called a press conference at city hall on Monday to face media about a DUI conviction. RENE JOHNSTON/TORSTAR NEWS SERVICE

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House arrests

## Crown to appeal police drug-squad sentences

The Crown has notified former Toronto drug-squad officers convicted of perjury and attempting to obstruct justice in the city's landmark corruption trial that it is appealing their sentences of 45 days house arrest.

All five defendants filed notices appealing their convictions. They were found guilty of attempting to obstruct justice for conducting a warrantless search of a heroin dealer's apartment in 1998 and then covering it up. TORSTAR NEWS SERVICE

Fla. double homicide

## No signs of trauma: Reports

There were no signs of trauma on the bodies of a popular Toronto couple who were slain this month in their Miami-area winter home, according to a Florida TV station. WSVN reported Monday that there weren't visible signs of violence on the bodies of David Pichosky and Rochelle Wise when they were discovered in their condo on Jan.10.
TORSTAR NEWS SERVICE

55 Division

## 'Wanted Wednesday' nets perfect arrest rate

Mark Johnston was nabbed due to Wanted Wednesday. HANDOUT

It's the list no one wants to be on.

Toronto Police's 55 Division had a perfect success rate for its new initiative "Wanted Wednesday" this month after three accused people profiled in January were arrested.

"We realized we've got a whole bunch of ... people who are wanted," said Const. Rob McDonald, a social-media officer at 55 Division. "We thought, well how can we start addressing these in a more proactive way?"

What was born was the weekly digest sent as a press release and over social media profiling people with outstanding warrants for their arrest.
TORSTAR NEWS SERVICE

# Cycle in the city: Bosses peddle incentives to staff

**Green begetting green.**
At least one company pays employees double mileage if they cycle

You could call it biking for bucks. Increasingly, Torontonians want to incorporate cycling into their work lives — and some companies are now paying people to do just that.

At Bursting Silver, a growing technology company with consultants in several Canadian cities, employees who bike to meetings get paid double the mileage they would recoup if they drove a car — $1 per kilometre rather than 50 cents.

It's a new policy that came out of a conversation between Edmonton-based founder Al Povoledo and principal consultant James Schwartz, who regularly rides his bike to visit clients in Toronto.

Povoledo says the policy underscores the company's social conscience. But it works for everyone.

It helps keep staff healthy and active, and "I actually think it saves money for customers," said Povoledo. If a consultant drives, the client gets charged 50 cents per kilometre, plus $25 for parking. "If someone takes their bike, we're paying them $1 a kilometre and that ends up being cheaper," he said.

But it's not just about the bottom line, says Povoledo.

"We wanted to integrate the concept of giving back to our culture and the way we work on a daily basis," he said.

It's the kind of idea Povoledo and Schwartz say is becoming increasingly mainstream.

Top Drawer Creative founder Howard Chang is a pioneer when it comes to bike-friendly employers. In 2003 the ad agency began a bike-to-work program offering an honorarium of $2 a day for employees who cycled to the agency's old location. To make the idea more attractive, Top Drawer installed showers, locker rooms and indoor bike parking. Chang even made a deal with a supplier so employees could buy wheels at wholesale prices. The company has since moved and upped the honorarium to $5 a day.

"Our agency's very focused on social responsibility," he said. "I just want to make sure we walk our talk, that we're authentic. TORSTAR NEWS SERVICE

Al Povoledo, founder of Bursting Silver, decided with his small Edmonton-based company to double the 50-cent-per-km mileage allowance if an employee bikes to a meeting or site. JASON FRANSON/THE CANADIAN PRESS

# Sands chain makes its casino pitch for downtown

Michael Leven, president of Las Vegas Sands Corp. casino, speaks to the Economic Club of Canada on Monday. DAVID RIDER/TORSTAR NEWS SERVICE

A Las Vegas Sands casino-resort on Front Street West would put Toronto "back on the map," as a convention city and inject some more "fun" into downtown, says the company's president.

Michael Leven, the latest in a parade of casino executives to come courting, gave more than 100 business people a low-key pitch Monday based on Sands' expertise in the "convention and tourism delivery business."

Only downtown — not Exhibition Place, the Port Lands or another GTA location — would work for Sands, he said.

Ontario Lottery and Gaming Corp. is preparing a tender process for one new GTA casino and says it won't force it on an unwilling community.

Casinos usually take up five per cent of the space in a Sands integrated resort, Leven said, adding that convention and meeting space, a hotel with up to 2,000 rooms, entertainment venues and eateries would all help triple the size of the Metro Toronto Convention Centre.

"I can remember when Toronto was one of the top destinations for conventions and meetings," the former hotel executive said, noting his industry contacts say a shortage of major facilities is holding us back.

"What we put in downtown Toronto is more people, more visitors, more conventions, more leisure and more fun — the casino is a part, but it's not the only part," Leven told the Economic Club of Canada gathering.

David Whitaker, president and chief executive of Tourism Toronto, said in an interview that Toronto is ranked 29th in North America by size of prime exhibit space.
TORSTAR NEWS SERVICE

The pitch

**"Toronto is very viable today — the question is, how viable will it be without being competitive in this (convention) market in the future?"**
Michael Leven, president Sands chain

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# Opposition parties make their demands on Wynne

Incoming premier Kathleen Wynne says goodbye to her predecessor, Dalton McGuinty, following a meeting in the premier's office on Monday. TARA WALTON/TORSTAR NEWS SERVICE

**Not much of a response.** The incoming premier had little to say about NDP and PC's comments

Ontario's premier-to-be has yet to be sworn in, but newly minted Liberal leader Kathleen Wynne is already facing demands from opposition party leaders as she embarks on her quest to keep the minority government alive.

NDP Leader Andrea Horwath said Monday she wants a public inquiry into the politically motivated cancellation of two gas plants that cost taxpayers at least $230 million.

The move would likely be disastrous for the governing Liberals, who are already under fire for the spending scandal at Ontario's Ornge air-ambulance service, a $12-billion deficit and a labour battle with teachers that cost many students their extracurricular activities.

Progressive Conservative Leader Tim Hudak said he wants Wynne to cut government spending immediately to reduce the deficit.

He said he's willing to work with Wynne, yet his party has already launched attack ads calling Wynne "another Liberal Ontario can't afford."

Wynne had little to say about the demands from the opposition party leaders Monday, after emerging from an hour-long meeting with McGuinty in his office.

THE CANADIAN PRESS

**Transformer blast**

## Workers evacuated after explosion

Office workers were evacuated and were loaded onto shelter buses after an underground transformer exploded at 95 St. Clair Ave. W. late Monday morning.

Toronto Fire was at the scene and traffic was blocked on St. Clair between Yonge Street and Avenue Road following the emergency reports. TORSTAR NEWS SERVICE

**Public works**

## 29 Hamilton city workers fired

Hamilton city officials say 29 public-works employees have been fired for issues including neglect of duties, time theft and breach of trust.

The city says another two employees have been suspended for 30 days without pay. THE CANADIAN PRESS

# RIM reinvents its operating system

Smartphones using the new BlackBerry 10 operating system will have access to music, videos and TV shows from major studios, labels and broadcast networks, Research In Motion announced Monday.

The Waterloo, Ont.-based smartphone maker said it has struck deals with dozens of companies, from industry giants to independent labels, to provide their content in its new BlackBerry World multimedia storefront.

"Music and video content is an integral part of a rich mobile experience," said chief marketing officer Frank Boulben in a press release. "People want easy and convenient access to their favourite music, movies and TV shows where they are."

Most videos will be up to buy or rent the same day they're released on DVD. TV shows will be available the day after broadcast.

The announcements come ahead of RIM's Wednesday launch of its much-awaited new operating system and two new smartphones that will run on it.

The launch is largely seen as a make-or-break moment for RIM, which has been steadily losing market share to rivals in the fiercely competitive smartphone industry. TORSTAR NEWS SERVICE

**Video downloads**

- BlackBerry 10 users in Canada will have access to video downloads from studios such as 20th Century Fox, Paramount Pictures and STUDIOCANAL, along with broadcasters including ABC Studios and Warner Bros.

An integral part of the new Blackberry 10 will be music and video content, RIM says. DAVID FRIEND/THE CANADIAN PRESS

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# Soldier ‘really excited’ to get new arms

**Brendan Marrocco.** First soldier to survive losing all limbs in Iraq war gets double-arm transplant in Baltimore

The first soldier to survive after losing all four limbs in the Iraq war has received a double-arm transplant.

Brendan Marrocco had the operation on Dec. 18 at Johns Hopkins Hospital in Baltimore, his father said Monday. The 26-year-old Marrocco was injured by a roadside bomb in 2009.

He also received bone marrow from the same dead donor who supplied his new arms. That novel approach is aimed at helping his body accept the new limbs with minimal medication to prevent rejection.

**Quote**

**“We’re easily looking at a couple years.”**

**Dr. W.P. Andrew Lee, plastic surgery chief at Johns Hopkins,** said it would be years until the full extent of recovery is known.

The military is sponsoring operations like these to help wounded troops. About 300 have lost arms or hands in the wars.

“He was the first quad amputee to survive” from the wars in Iraq and Afghanistan, and there have been four others since then, said Brendan Marrocco’s father, Alex Marrocco. “He was really excited to get new arms.”

The Marroccos want to thank the donor’s family for “making a selfless decision,” the father said.

THE ASSOCIATED PRESS

In this July 4, 2012, photo, Army Sgt. Brendan Marrocco, left, Marine Cpl. Todd Love, centre, and Marine Cpl. Juan Dominguez, pose for a picture at the 9-11 Memorial in New York. SETH WENIG/THE ASSOCIATED PRESS

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**Possible change**

## U.S. Boy Scouts considering retreat from no-gays policy

The Boy Scouts of America may soon give sponsors of troops the authority to decide whether to accept gays as scouts and leaders — a potentially dramatic retreat from an exclusionary nationwide policy that has provoked relentless protests.

Under the change now being discussed, the different religious and civic groups that sponsor Scout units would be able to decide to either maintain an exclusion of gays or open up their membership.

THE ASSOCIATED PRESS

**Politics**

## Obama ask police chiefs to help pass gun legislation

President Barack Obama on Monday asked police officials from the three communities hardest hit by mass shootings last year for help in getting Congress to pass tough new gun legislation.
At a White House meeting, Obama said that no group is more important in the gun debate and he said he recognizes the issue “elicits a lot of passion all across the country.”
But Obama also said he believes Congress will respond to appeals from police. THE ASSOCIATED PRESS

# Media baron. Murdoch apologizes for ‘offensive’ cartoon of Netanyahu

Media baron Rupert Murdoch has apologized for a Sunday Times cartoon depicting Israeli leader Benjamin Netanyahu building a wall using blood-red mortar, an image Jewish leaders said was reminiscent of anti-Semitic propaganda.

The political cartoon, which was published on Holocaust Memorial Day, shows Netanyahu wielding a long, sharp trowel and depicts agonized Palestinians bricked into the wall’s structure. It was meant as a comment on recent elections in which Netanyahu’s ticket narrowly won the most seats in the Israeli parliament.

“Will cementing the peace continue?” the caption read, a reference both to the stalled peace process and Israel’s separation barrier, a complex of fences and concrete walls which Israel portrays as a defence against suicide bombers but which Palestinians say is a land grab under the guise of security.

Murdoch wrote on Twitter that the cartoonist, Gerald Scarfe — a veteran artist who frequently depicts blood in his work — did not reflect the paper’s editorial line. “Nevertheless, we owe (a) major apology for (the) grotesque, offensive cartoon,” Murdoch tweeted.

Jewish community leaders were particularly disturbed by parallels they saw between the red-tinged drawing and historical anti-Semitic propaganda — in particular the theme of “blood libel,” the twisted but persistent myth that Jews secretly use human blood in their religious rituals.

Their anger was heightened by the fact that the cartoon was published on a day meant to commemorate the communities destroyed by the Nazis and their allies in the mid-20th century.

The Board of Deputies of British Jews, which represents the country’s roughly 265,000-strong Jewish community, said it had lodged a complaint with the U.K. press watchdog.

The deputies said in a statement that the depiction of a Jewish leader using blood for mortar “is shockingly reminiscent of the blood libel imagery more usually found in parts of the virulently anti-Semitic Arab press.”

THE ASSOCIATED PRESS

# Egypt unrest continues in defiance of Morsi curfew

**Five days of violence.** State of emergency and army presence don't prevent protests

Protesters battled police for hours in Cairo on Monday and thousands marched through Egypt's three Suez Canal cities in direct defiance of a nighttime curfew and state of emergency, handing a blow to Islamist President Mohammed Morsi's attempts to contain five days of spiralling violence.

Nearly 60 people have been killed in the unrest that has touched cities across the country but has hit hardest in the canal cities, where residents have risen up in outright revolt.

The latest death came on Monday in Cairo, where a protester died of gunshot wounds as youths hurling stones battled all day and into the night, with police firing tear gas near Qasr el-Nil Bridge. In nearby Tahrir Square, protesters set fire to an armoured personnel carrier.

"I will be coming back here every day until the blood of our martyrs is avenged," said 19-year-old carpenter Islam Nasser, who wore a Guy Fawkes mask as he battled police.

Angry and screaming at times, Morsi on Sunday declared a 30-day state of emergency and a nighttime curfew on the three Suez Canal cities of Suez, Ismailiya and Port Said and their provinces. He instructed police to deal "firmly and forcefully" with the unrest and threatened to do more if security was not restored.

But when the 9 p.m. to 6 a.m. curfew began Monday evening, crowds marched through the streets of Port Said. In Ismailiya, residents organized street games of soccer to emphasize their contempt.

Army troops backed with tanks were deployed in Port Said and Suez, but they did not intervene to enforce the curfew. THE ASSOCIATED PRESS

Protesters run for cover near Tahrir Square. KHALIL HAMRA/THE ASSOCIATED PRESS

## Mexico. Ten bodies found in well believed to be part of missing band and crew

Searchers pulled 10 bodies from a well in northern Mexico on Monday, near the site where 20 members of a Colombian-style music group and its crew disappeared late last week, according to a state forensic official.

It was hard to determine how many more bodies were submersed in the water, said the official, who spoke on condition of anonymity.

Sixteen members of the band Kombo Kolombia and four crew members were reported missing early Friday after playing a private show at a bar in the town of Hidalgo, north of Monterrey.

Members of other musical groups have been murdered in Mexico in recent years, usually groups that perform "narcocorridos," which celebrate the exploits of drug traffickers. But Kombo Kolombia did not play that type of music, and its lyrics did not deal with violence or drug trafficking.

THE ASSOCIATED PRESS

Plane crash

## Memorial service held in Antarctica

A memorial service has been held in Antarctica to honour three Canadians who died in a plane crash there last week.

The three employees of Calgary-based Kenn Borek Air were killed when their Twin Otter slammed into a mountain on Wednesday.

The U.S. National Science Foundation held the ceremony at its Amundsen-Scott South Pole Station.

The agency says the dead men made the ultimate sacrifice while supporting scientific research in a remote and hostile environment.

American and New Zealand searchers were able to recover the voice recorder from the plane's tail, and it is being sent to Ottawa to be examined.

But searchers have decided they cannot safely recover the bodies of the men until possibly October, when winter in Antarctica is over. THE CANADIAN PRESS

Beloved matriarch

## Queen of the Netherlands to abdicate throne

Dutch Queen Beatrix, 74, announced Monday that she will abdicate on April 30 after 33 years as the head of state, clearing the way for her eldest son, Crown Prince Willem-Alexander, to become the nation's first king in more than a century.

THE ASSOCIATED PRESS

Queen Beatrix, Prince Claus and a baby Willem-Alexander in 1968. MARIO TORRISI/THE ASSOCIATED PRESS FILE

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# Call of the mountain lures powder hounds

**Extreme winter-sports warrior.** Despite almost dying in an avalanche, Jeremy Hanke is still drawn to the wilds of B.C.'s mountains

KATE WEBB
Metro in Vancouver

Former professional snowboarder and snowmobiler Jeremy Hanke still lives for snow, despite its having taught him some hard lessons. TYLER RIDDELL/CONTRIBUTED

Discovering B.C.'s backcountry 20 years ago was the moment that Jeremy Hanke says turned his life around.

He got his first taste of extreme winter sports at 15 after moving from his adoptive grandparents' home in southern Alberta to the northern B.C. town of Mackenzie to live with a different side of his family.

He was troubled and, in his own words, headed down the wrong path — until some friends handed him a snowboard and introduced him to Powder Keg Mountain.

"With everything that was going on in my life at the time, it seemed to be the answer of peace and solitude and motivation," he told Metro during a recent interview in Revelstoke, B.C., where he now works as an avalanche safety educator for snowmobilers.

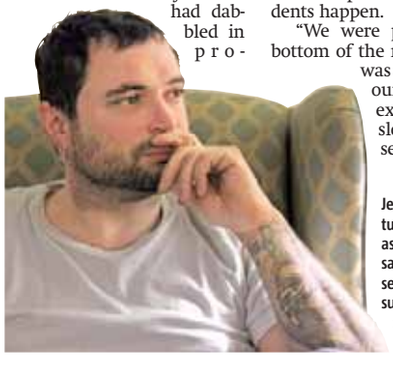
"It's the feelings that you get out there, it's the friends that you're with, the experience in the mountains.

"To be honest with you, if it wasn't for snowboarding or what I do here, I'd probably be in a jail cell somewhere."

Before long, snowboarding took over his life entirely, Hanke, 35, said. He spent summers working in the Alberta oil patch so he could spend whole winters boarding the backcountry in Canmore and Banff in Alberta and Fernie, Golden and finally Revelstoke, in B.C., where he eventually settled.

By 25 he had dabbled in professional snowboarding and started getting into snowmobiling as a way to enable himself to go farther into the backcountry.

He didn't expect that despite all his avalanche-safety training, someone else's lack of experience would almost cost him his life.



Jeremy Hanke turned to a career as an avalanche-safety educator several years after surviving one. MATT KIELTYKA/METRO IN VANCOUVER

### BURIED ALIVE

Hanke had just dropped down a cliff encrusted with a thick, unstable snowpack in March 2004 to join a group of fellow experienced snowmobilers when he heard the distant rumble of another group of sledders coming toward them.

The avalanche danger that day was listed as "considerable" — not high or extreme, which might have kept them inside, but the dangerously optimistic yellow zone in which experts say most accidents happen.

"We were parked at the bottom of the run-out, which was a mistake of our own, and exposed to a slope above ourselves," Hanke recounted.

Recognizing the danger, he and his friends began to position themselves for escape — but it was too late. Two men from the other group began climbing the slope right above them, and one of them triggered a Size 3 avalanche (on a zero-to-five scale), burying his companion, along with Hanke and three of his friends, under up to two metres of snow.

"There's one rule in the backcountry: You never climb or scan or travel above somebody else on any sort of avalanche terrain," Hanke explained. "No fault of their own — I just don't think they had the knowledge."

**Waiting to be rescued**

> **"I kind of just lost that hope for the last minute and went to sleep."**
> Jeremy Hanke

In the terrifying minutes that followed, those in Hanke's group who weren't buried were able to rescue the others using their beacons, probes and shovels — the life-saving holy trinity of any avalanche kit. Hanke was the last to be rescued, spending eight to 10 minutes under the crushing weight of the icy debris.

"I kind of just lost that hope for the last minute and went to sleep," Hanke recalled.

"My tongue was in the back of my throat when they pulled me out. When a friend of mine pulled me out he was really nervous that my back was broken and one leg was over above my head. I looked like Gumby, and I was blue."

It turned out that he looked to be in worse shape than he was in, and Hanke ended up walking away with no injuries other than some oxygen deprivation. But not everyone was so lucky.

One of the two men from the other group, a 29-year-old from Alberta with a wife and young children back at the hotel, had forgotten his transceiver that day. He was buried for almost half an hour and did not survive.

DAY 2

**THE RISK**

**Tomorrow: The Rescuers**
Meet the two- and four-legged frontline avalanche responders.

### BREAKING THE SILENCE

Hanke says he did not speak publicly about his shocking experience for six years, but was back on his sled three weeks later. He said he has never spoken to a psychologist or counsellor, although the emotional trauma of what he felt and saw still lingers.

But three years ago Hanke broke his silence after a friend reached out to him on behalf of avalanche-safety educators who were trying hard to engage the newest and fastest-growing contingent of backcountry users — snowmobilers like him.

Since then, Hanke said he has told his story to backcountry enthusiasts and the media at least 100 times. He still cries every time but he continues to tell it for two reasons.

First, Hanke hopes the mistakes that were made — both his and those of the others — will inspire more people to get training and carry an avalanche kit with them at all times.

The second, he said, is more personal. As he started to explain, he paused, took some deep breaths. "For some odd reason I feel like it gives meaning to the person that lost his life — the father that was lost, the husband that was lost, the friend that was lost — so that he didn't die in vain."

**Exclusively online**

Jeremy Hanke
WREN MCELROY/CONTRIBUTED

To watch a video of Jeremy Hanke recounting what it was like to be buried in an avalanche, visit metronews.ca/backcountry.

Emma-Jane Hetherington ski-tours through the backcountry near Duffey Lake, which is about a three-hour drive from Vancouver.
DYLAN LABELLE/FOR METRO

# Backcountry use is in our Canadian DNA

Answering the call of the wild is simply a way of life in this country.

"Winter in the mountains is part of the Canadian experience," says Ilya Storm, forecast co-ordinator for the Canadian Avalanche Centre in Revelstoke, B.C. "We come from a country of igloos and fur traders and birch-bark canoes. We love our snowshoes, and in today's world it means split snowboards and skis. Being out in the mountains is a great thing."

And, experts say, proper risk management can ensure that the dangers associated with venturing into the mountainous backcountry don't outweigh the rewards.

In fact, those tasked with keeping the public safe are also some of the staunchest supporters of the public's right to explore Canada's vast provincial and federal parks.

"It can be done safely. Closing access — that's not the answer," says Brent Hillier, an Avalanche Skills Training instructor at Vancouver's Canada West Mountain School. "For people that do go into the backcountry, it's where we learn about ourselves. It's where we really understand what's important in life. It's who we are. You can't take that away from us."

Parks Canada has enforced a winter-permit system for users of Glacier National Park in an effort to keep backcountry users safe.
CONTRIBUTED/PARKS CANADA

It's an experience that empowers locals, and is sold to international visitors as part of our nation's appeal.

"It's amazing every day," says Grant Statham, mountain-risk specialist for Parks Canada and a mountain guide. "People come out to enjoy some peace and quiet. The skiing is awesome, you get beautiful soft powder flying over your forehead all day long — it's just fantastic."

Revelstoke may be a small B.C. community nestled in the mountains along the Trans-Canada Highway (415 kilometres west of Calgary and 564 kilometres east of Vancouver) but it's carved out a big reputation for itself on the world stage.

"This is the epicentre for backcountry skiing," says Rob Elliot, general manager of the Revelstoke Mountain Resort. "We just sell good skiing. People love this area: It's so easy to traverse into great alpine terrain and tree skiing."

Statham says backcountry trips are all good things at once: spiritual journeys, social occasions and great exercise.

And the more people do it, the more they're hooked.

"The more you learn about the mountains, the more interesting they become," says Statham, one of the architects of Canada's existing avalanche-danger scale and forecasts. "You begin to understand them. You learn the science of snow, see how it changes if the wind blows in a specific direction. There's a lot to learn and appreciate."

MATT KIELTYKA/METRO IN VANCOUVER

**A slice of Canadiana**

**"It's where we really understand what's important in life. It's who we are. You can't take that away from us."**

Brent Hillier, Avalanche Skills Training instructor at Vancouver's Canada West Mountain School

# Canucks running to the hills in record numbers

More people than ever are heading for the hills

Across the board, the so-called "avalanche industry" is in agreement that the number of people skiing, snowboarding, sledding and touring through Canada's wilderness is increasing massively.

Just how many people go into the backcountry, however, remains a mystery.

"It's hard to know what goes on in the mountains," admits Ilya Storm, Canadian Avalanche Centre forecast co-ordinator. "We only talk about the fatalities, in part, because they're tracked."

Storm says the number of avalanche-related deaths in Canada hovers at around 14 people each year, but the number isn't necessarily indicative of how dangerous the backcountry may be.

"Fourteen fatalities for 100,000 backcountry users is a way better story than 14 fatalities for 50,000 users," he says. "We don't really know what the rate of avalanche fatalities and close calls are."

Backcountry skiers have established a good safety record through decades of industry growth, but new at-risk user groups are emerging.

Sledders — aided by rapidly improving technology — now account for nearly 41 per cent of avalanche fatalities in B.C.

"(Snowmobiles) make the mountains much more accessible," says Storm. "You don't need to be super skilled to be able to do the things hotshots were doing just a handful of years ago. Sleds have just become better, and now the hotshots are pushing it (further into the backcountry)."

The popularity of snowshoeing as an affordable winter fitness activity — especially in the many provincial parks that are, quite literally, at Vancouver's doorstep — is also placing a new group at risk.

"It's a user group that's exploding, I'd say exponentially," says Brent Hillier, a snowshoe guide and Avalanche Skills Training instructor. "With $200 you can get everything you need to go snowshoeing. It's a great way to take people out there, but at the same time there isn't as much awareness of the risk in that world."

Now the race is on to get the new generation of backcountry users trained and conscious about their safety.

"People don't go out thinking they're doing anything that's unduly risky," says Storm. "If we can help people match their perceptions to the reality, that's what I see as our goal."

MATT KIELTYKA/METRO IN VANCOUVER

**Backcountry by the stats**

**14**
The approximate number of annual avalanche-related deaths in Canada, according to the Canadian Avalanche Centre.

**7,000**
The number of people who take Avalanche Skill Training courses each year.

**1.4M**
The approximate number — 1,413,230 to be more precise — of requests for public avalanche forecasts in 2011-12.

**124%**
The increase in users at Glacier National Park from 2009 to 2012.

# Flight. Monkey in rocket launched into space: Iranian state TV

In this undated image taken from AP Television, scientists in Iran surround a monkey ahead of a space launch. THE ASSOCIATED PRESS

Iran said Monday it has successfully sent a monkey into space, describing the launch as another step toward Tehran's goal of a manned space flight.

According to a brief report on state TV, the rocket, dubbed Pishgam, or Pioneer in Farsi, reached a height of 120 kilometres. The report gave no other details on the timing or location of the launch, but said the monkey safely returned to Earth.

Still images broadcast on state TV showed a small, grey-tufted monkey presumably being prepared for the flight, including wearing a type of body protection and being strapped tightly into a pod that resembled an infant's car seat.

The photos draw historical links to the earliest years of the space race in the 1950s when both the U.S. and Soviet Union tested the boundaries of rocket flight with animals on board, including American capsules carrying monkeys and Moscow's crafts holding dogs. Many of the animals on the flights perished because of equipment failure or technology unable to cope with re-entry from orbit.

Iran has long said it seeks to send an astronaut into space as part of its ambitious aerospace program, including plans for a new space centre announced last year. In 2010, Iran said it launched an Explorer rocket into space carrying a mouse, a turtle and worms.

The U.S. and its allies worry that technology from the space program could also be used to develop long-range missiles that could potentially be armed with nuclear warheads. Iran denies it seeks atomic weapons and claims it is pursuing nuclear reactors only for energy and medical applications.

THE ASSOCIATED PRESS

# Neglect, errors contributed to Brazil nightclub blaze

**231 dead.** No fire alarm, sprinklers or fire escapes resulted in the world's worst fire of its kind in more than a decade

Relatives and friends carry the coffin of Vinicius Rosado through a cemetery during his burial in Santa Maria, Brazil, Monday. A fast-moving fire roared through the crowded, windowless Kiss nightclub in this southern Brazilian city early Sunday, killing 231. FELIPE DANA/THE ASSOCIATED PRESS

There was no fire alarm. There were no sprinklers or fire escapes. And when a band member tried to put out a fire that had been started by pyrotechnics, the extinguisher didn't work.

All the elements were in place for the tragedy at the Kiss nightclub early Sunday.

The result was the world's worst fire of its kind in more than a decade, with 231 people dead and the southern Brazilian college town in shock and mourning.

Funerals began on Monday, as reports continued to emerge about the accumulation of neglect and errors at the packed night spot.

According to state safety codes here, clubs should have one fire extinguisher every 1,500 square feet as well as multiple emergency exits. Limits on the number of people admitted are to be strictly respected. None of that appears to have happened at the Santa Maria nightclub.

"A problem in Brazil is that there is no control of how many people are admitted in a building," said Joao Daniel Nunes, a civil engineer in nearby Porto Alegre.

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Chadian soldiers are seen securing Gao airport, north of Mali, on Saturday. Canada's special forces are on the ground in the troubled West African country, sources within the Department of National Defence said Monday, but not in a combat role. GHISLAIN MARIETTE, EMA-ECPAD/THE ASSOCIATED PRESS

# Canadian forces are in Mali, but not in combat role: Sources

**Islamist insurgency.**
Feds stand behind non-intervention mandate despite landing boots on the ground

Canada's special forces are on the ground in Mali to help protect Canadian personnel who are already operating in the troubled African country, say sources within the Department of National Defence.

Few other details were immediately available, although the Department of Foreign Affairs went to lengths to communicate that the presence of special forces soldiers does not signal an involvement in combat.

"We have been clear; there will be no mission in Mali," a Foreign Affairs official said in a statement. "Steps have been taken to ensure our mission and Canadian personnel are protected."

Canadian Forces crews have been piloting and supporting Canada's C-17 heavy-lift transport as it moves military equipment in support of French troops. That mission, which was originally only supposed to last a week, is now scheduled to continue until Feb. 15.

Prime Minister Stephen Harper said Monday that any further role for Canada would require consultation with parliamentarians.

"We are providing technical assistance to French and other military forces who are there" Harper told the House of Commons in response to a question from NDP Leader Tom Mulcair.

THE ASSOCIATED PRESS

**International pressure**

**The Harper government has been under pressure from the African Union — and from countries bordering Mali that are plagued by Islamic insurgencies of their own — to take more decisive military action.**

**Born in the U.S.A.**

## L.A. cracking down on makeshift maternity wards

Los Angeles County is planning a crackdown on makeshift maternity wards where pregnant women, mostly from Asia, stay while giving birth so their children will be U.S. citizens.

The county has received 60 complaints about such facilities in the past month, the Los Angeles Times reported Sunday.

Pregnant women can pay thousands of dollars to stay in the facilities, authorities said.

THE ASSOCIATED PRESS

## Bureaucrat sex tapes. Chinese police trying to squeeze whistleblower

A Chinese whistleblower holding secretly-filmed sex tapes featuring city bureaucrats has come under pressure from police to hand them over for an investigation into an embarrassing scandal that has already cashiered 11 officials.

Police questioned Zhu Ruifeng, a former journalist who triggered the scandal in the southwestern city of Chongqing, for seven hours Monday about the tapes and said he could be liable for prosecution if he did not surrender them.

"The police were very polite, but they said they wanted the videos. I firmly refused to give it to them because I have to protect my source," said Zhu, who lives in Beijing but was, he said, interviewed by Chongqing police officers. "They threatened me with the law, saying I could be accused of concealing evidence."

The first high-profile case broke in November after Zhu released a video online of a 50-something Communist Party district official having sex with a woman allegedly hired by developers in an extortion bid.

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# Top one per cent rake in tenth of Canada's income

Canadian icon Gordon Lightfoot, right, made an appearance at Occupy Toronto in November 2011 to support his daughter Meredith in her protest about income disparity. Statistics Canada reported Monday that the top one per cent of earners in this country took home at least $201,400 in 2010.
TORSTAR NEWS SERVICE FILE

**Income disparity.**
## StatsCan data shows gap between the richest and the rest of us has narrowed slightly

The recession and subsequent weak recovery appears to have taken a bite out of Canada's top income earners — but they are still doing better than the rest and many suspect the setback is temporary.

Statistics Canada reported Monday that the top one per cent of the country's 25.5 million tax filers earned at least $201,400 in 2010, accounting for 10.6 per cent of the nation's total income — down from 12.1 per cent peak in 2006.

The latest data finds the biggest narrowing in the gap between the top one per cent and the rest occurred in 2008 and 2009, when the Canadian economy was in the midst of a deep recession and the stock market lost about half its value.

By 2010, however, the recession-effect on income disparity appeared to be diminishing. There was only a slight drop-off for the top earners — from 10.7 per cent to 10.6 per cent of the national income — between 2009 and 2010.

Andrew Sharpe, executive director of Centre for the Study of Living Standards, says he doubts the new data indicate a trend to greater income equality because top earnings are more dependent on investments and capital gains.

"It's likely a cyclical phenomenon," Sharpe said. "There's a lot of forces in society that leads to the concentration of income. It's hard to say what's going to happen, but I wouldn't say it will continue to fall for the top one per cent." THE CANADIAN PRESS

**Rich women**

**53,200**

There are 53,200 Canadian women in the one per cent club — or 21 per cent of the total — compared to only 11 per cent in 1982.

# Music streaming. Rdio offers free access for six months

In a bid to boost its share of Canadian eardrums, Rdio is offering free access to its streaming music library for up to six months. "We just want to be able to give everyone the opportunity to experience Rdio," said company spokesperson Marisol Segal.

The site was started by one of the creators of Skype, and launched across North America in 2010. Since then, its online library has grown to include over 18 million songs.

"With streaming music, there still isn't a huge amount of awareness," Segal said. "I think when people hear about it and realize they can access 18 million songs, they'll get really excited."

Although similar companies like Pandora and Spotify have not made their services available in Canada — citing things such as data caps, population size and regulatory issues — Segal says the country was always a priority for Rdio.

Users can sign up for the free trial at rdio.com. Afterwards, plans cost $4.99 a month for unlimited web streaming, or $9.99 for unlimited web and mobile access. LUKE SIMCOE/METRO

**Credit crunch**

## Visa system suffers temporary outage

Visa's credit card system was once again working around 5 p.m. Monday after it crashed earlier in the afternoon, leaving Canadians to reach for their billfolds. "Visa is 100 per cent operable.... The issue is with a third-party provider and we will be issuing a more detailed statement soon," said a spokesperson. TORSTAR NEWS SERVICE

**Market Minute**

**DOLLAR** 99.35¢ (Unchanged)

**TSX** 12,815.91 (-0.71)

**OIL** $96.44 US (+56¢)

**GOLD** $1,652.90 US (-$3.70)

**Natural gas:** $3.27 US (-17¢)
**Dow Jones:** 13,881.93 (-14.05)

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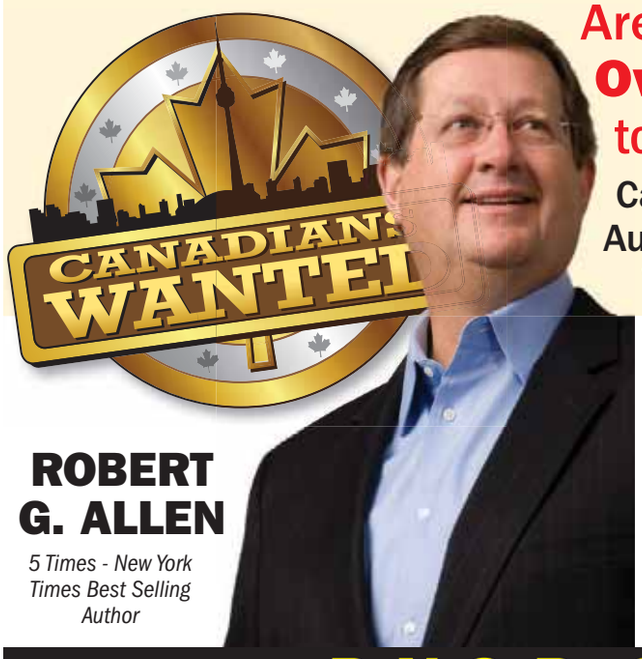


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# CONSUMER GUILT & THE PROBLEM WITH DISPOSABLE PARTY DRESSES

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

A group of 15 women showed up at my friend Sarah's apartment earlier this month with suitcases, laundry baskets and milk crates full of items they no longer wanted. There were piles of old books, DVDs and housewares, but mostly there were clothes. Oh, the clothes: piles and piles of gently used sweaters, polyester party dresses and jeans in every shade of denim imaginable. There were racks of sun-bleached maxi dresses and office-appropriate pencil skirts. Some items still had the tags on.

Swap parties — an increasingly popular activity among the frugal and fashionable set — are an excellent way to purge your unwanted castoffs and acquire some new wardrobe pieces without pulling out your credit card. Over the course of two hours, women stripped down in Sarah's living room to try on clothes, and eyed each other competitively as they ravaged the mounds of silky blouses and novelty-printed tank tops.

Once the swapping concluded, the remaining items were packed up in garbage bags to be donated to a local homeless shelter.

**Swap till you drop**

**As I looked around at the outfit carcasses strewn about the apartment, I felt sick at the wastefulness of it all and left the swap party vowing to curb my own gratuitous spending.**

While there is definitely a feel-good element to this form of sustainable shopping, I couldn't help feeling horrified at the hundreds of dollars' worth of stuff we had all managed to accumulate. As I looked around at the outfit carcasses strewn about the apartment, I felt sick at the wastefulness of it all and left the swap party vowing to curb my own gratuitous spending. I wasn't proud when, just a few days later, I found myself waiting in line to purchase a $39.99 pair of "leather" leggings.

Human beings spend more than $1 trillion a year on clothing worldwide — an estimated one-third of those consumers come from North America. A significant percentage of this booming market can be ascribed to the enticements presented by ill-fitting runway knockoffs churned out by European chains like H&M and Zara. Shoppers are insatiable when it comes to poorly constructed trendy clothes, but we neglect to think about the environmental consequences of our excessive consumption.

It can be hard to resist the temptation of fast fashion when you're at an age (and in an income bracket) that favours accessible fads over investment pieces. But we need to work at recognizing the difference between a want and a need and reconciling our cravings for affordable fashions with our obligation to become conscious consumers — not only for ethical and environmental reasons but because it would be nice if our clothes didn't expire faster than a container of yogurt.

Today's fad, tomorrow's castoff.
NEILSON BARNARD/GETTY IMAGES FOR H&M

Follow Jessica Napier on Twitter @MetroSheSays

# A whale of a suite deal

CHRISTIAN STROMQVIST

**Carving out a niche**

## Icy 'whale' room helps save oceans

This interior may chill your bones, but the intention behind its design will surely warm your heart.

Designer Andrew Winch's commission to build the recently unveiled "whale" suite at the Icehotel in Jukkasjärvi, Sweden, will be donated to efforts to save the world's oceans, ecologist group Blue Marine Foundation (BLUE) has announced.

METRO WORLD NEWS

**BLUE's point of view**

**"Awareness is good news for the world's oceans. Today, only 2.3 per cent of them are under protection. Sadly, marine conservation is, for the moment, out of sight and mind."**
Rachel Etherington, managing director at Blue Marine Foundation

**Totally chill design**

- **Cost.** For one person, a night in the Whale Suite starts from a cool 3,250 Swedish krona ($506).
- **Temperature.** The Icehotel's room temperature is a balmy -5 degrees, compared to -30 degrees outside.
-
**Melting.** The Icehotel is built in November and melts in May. The melting process takes four to six weeks.

**Taking stock**

## 'Fountains' of fish could flourish in protected seas

While news that popular oily fish mackerel is no longer sustainable points to our oceans' woes, ongoing conservation projects can revive fish stocks "within five years," according to BLUE's Rachel Etherington.

"If we set up 'no take zones,' such as the Chagos Archipelago in the Indian Ocean, 'fountains' of fish stocks can thrive, migrate and populate elsewhere," Etherington told Metro.

METRO WORLD NEWS

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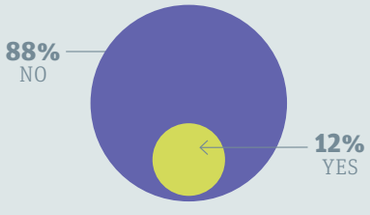


**Twitter**

**@TO_Chuck:** Ana Bailao's guilty plea means nothing. Drunk drivers kill people EVERY. DAY. She should consider her political life over #TOpoli

**@chefmattbinkley:** So glad I don't rely on #visa. Sounds like a nightmare!

**@StephMacHorn:** On a lighter note, #VISA outage allowed me to re-think buying crap I don't need. #firstworldproblem

**@subby_rah:** A drop in the ocean, a change in the weather

**@AM_188:** #IReallyDislike when my fridge is empty..

**@abitofgrit:** Time to tighten the purse strings, it could be a tough year. "Moodys downgrades six Canadian banks" #cdnpoli

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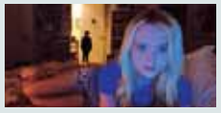
DVD review



## Paranormal Activity 4

**Director.** Henry Joost, Ariel Schulman

**Stars.** Kathryn Newton, Katie Featherston, Alexandra Lee

●●●○○

Ever since Oren Peli first made bank in 2009 with his found-footage combo of grainy videos, pesky demons and skittish homeowners, the push has been on to have a new chapter of the slowly evolving Paranormal Activity saga out every Halloween. The quality isn't keeping pace with the production quota. Directors Henry Joost and Ariel Schulman, back for more after helming the superior PA3, take story strands from the first three movies and try to stitch them into something resembling a cohesive narrative. It's a stretch and also not all that scary. PA4 picks up the dangling plot line from PA2 where poltergeist-plagued Californian Katie (Katie Featherston) vanished in 2006 along with her baby nephew Hunter. This is hitched to strange 2011 goings-on in a Nevada household. The expository prequel that was PA3 is all but forgotten until the confusing ending of this film. You follow? It doesn't really matter, because it's all faint-by-numbers this time, without even a cool device like the low-tech fan cam from PA3 to interest us or really scare us. Extras include the unrated version of the film plus a half hour of "found footage."

PETER HOWELL

## The Awakening

**Director.** Nick Murphy

**Stars.** Rebecca Hall, Dominic West, Imelda Staunton

●●●○○

Boos are few in this period ghost tale, set in the London of 1921, unless you count the frightful sights of a land ravaged by a flu epidemic and the First World War. The chill of English moors and boarding schools seeps through the screen in this feature film debut by TV director Nick Murphy, who also co-wrote the screenplay (with Stephen Volk). It's routine stuff as horror setups go, especially if you've seen such obvious influences as The Orphanage and The Others.

PETER HOWELL

Ashton Kutcher stars in jOBS, which was the closing film at the Sundance Film Festival. THE ASSOCIATED PRESS

# Kutcher up to the jOB

**Method man.** Actor took his starring role in Steve Jobs biopic seriously — even risking his health for it

Ashton Kutcher says playing Steve Jobs on screen "was honestly one of the most terrifying things I've ever tried to do in my life."

The 34-year-old actor helped premiere the biopic jOBS — the closing-night film at the Sundance Film Festival — on Friday. In the movie, Kutcher plays the Apple Inc. founder from the company's humble origins in the 1970s until the launch of the first iPod in 2001. A digital entrepreneur himself, Kutcher said he considers Jobs a personal hero.

"He's a guy who failed and got back on the horse," Kutcher said. "I think we can all sort of relate to that at some point in life."

Kutcher even embodied the Jobs character as he pursued his own high-tech interests off-screen.

"What was nice was when I was preparing for the character, I could still work on product development for technology companies, and I would sort of stay in character, in the mode of the character," he said. "But I didn't feel like I was compromising the work on the film by working on technology stuff because it was pretty much in the same field."

But playing the real-life tech icon who died in 2011 still felt risky, he said, because "he's fresh in our minds."

"It was kind of like throwing myself into this gauntlet of, I know, massive amounts of criticism because somebody's going to go, 'Well, it wasn't exactly ...'" Kutcher said.

While the filmmakers say they tried to be as historically accurate as possible, there was also a disclaimer at the very end of the credits that said portions of the film might not be completely accurate.

Still, realism was always the focus for Kutcher, who watched "hundreds of hours of footage," listened to Jobs' past speeches and interviewed several of his friends to prepare for the role.

The actor even adopted the entrepreneur's "fruitarian diet," which he said "can lead to some serious issues."

"I ended up in the hospital two days before we started shooting the movie," he said. "I was like doubled over in pain, and my pancreas levels were completely out of whack, which was completely terrifying, considering everything."

Jobs died of complications from pancreatic cancer.

Still, Kutcher was up to the challenge of playing Jobs, in part because of his admiration for the man who created the Macintosh computer and the iPod. "I admire this man so much and what he's done. I admire the way he built things," Kutcher said.

The film also shows Jobs' less appealing side, withholding stock options from some of the company's original employees and denying child support to the mother of his eldest child.

Kutcher still found the man inspiring. Jobs had a singular focus, Kutcher said, and felt like anyone could change the world.

"I don't know if there's ever been an entrepreneur who's had more compassion and care for his consumer than Steve Jobs," Kutcher said. "He wanted to put something in your hand that you could use and you could use it easily ... and he really cared about that."

THE ASSOCIATED PRESS

## Gun control. Stephen King offers his take on issue in essay released Friday

Horror writer Stephen King is seeking to provoke a discussion on gun control and gun rights following the school shooting massacre in Newtown, Conn.

The Maine native is a gun owner.

He calls for three "reasonable measures" to curb gun violence in an essay titled Guns, released Friday as a Kindle single through Amazon.

King says he wants background checks on all gun sales and bans on high-capacity magazines and military-style weapons like the rifle used in the Newtown shooting, which killed 20 children and six school officials.

King describes a pattern of mass shootings in which anger and frustration give way to political rhetoric before discussions of gun control "disappear into the legislative swamp."

He says on his website: "If this helps provoke constructive debate, I've done my job."

THE ASSOCIATED PRESS

Stephen King has penned an essay titled Guns. THE ASSOCIATED PRESS

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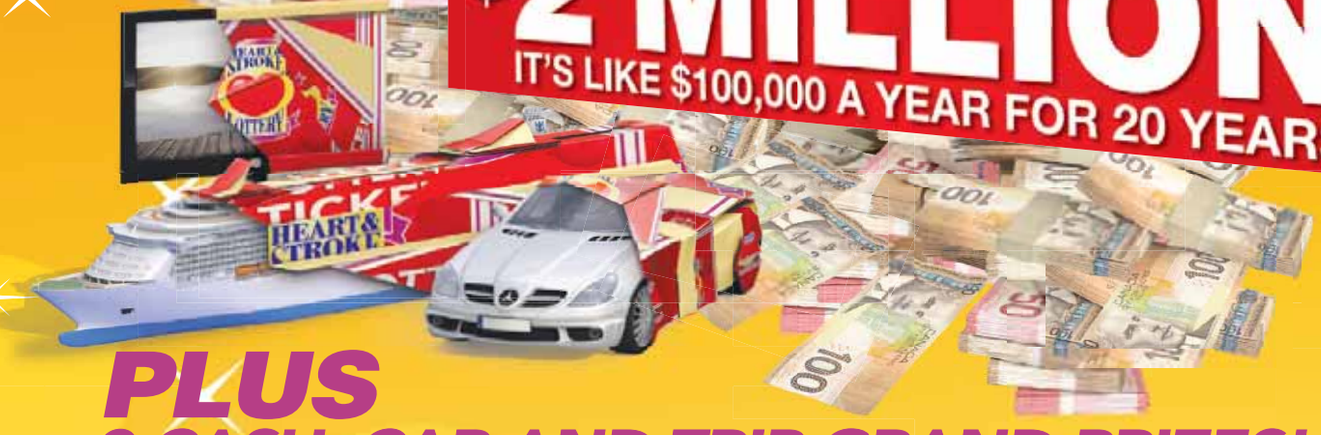

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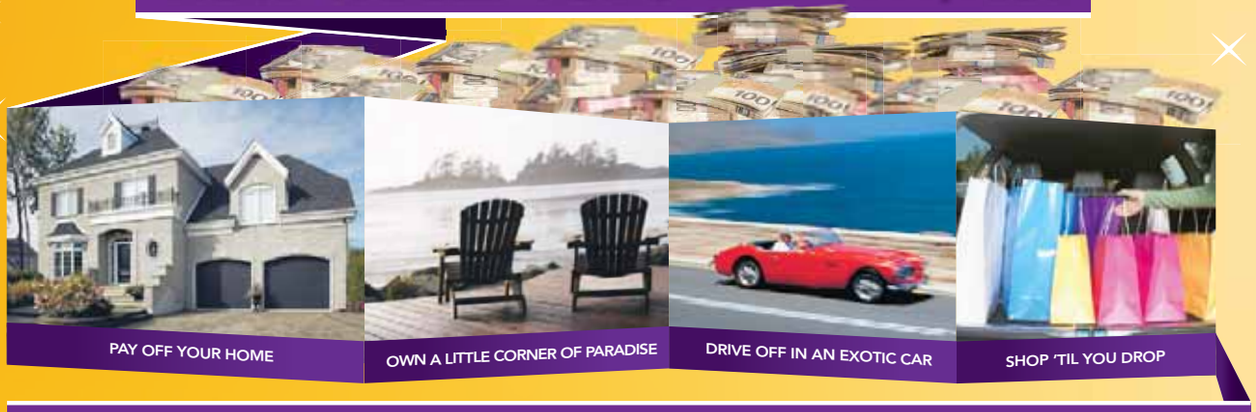


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DEADLINE 3 DAYS LEFT!



# Beyoncé-gate a sign of unrealistic expectations?

**Reality check.** The diva's inauguration performance may have sparked an important debate — are we tired of living in a dream world?

Did Beyoncé break that implicit contract between performer and audience at the inauguration? THE ASSOCIATED PRESS

The breathtaking model on your magazine cover — of course she's not that thin and unblemished. That reality show you never miss? You're shocked — shocked that its real-life drama isn't 100 per cent unscripted. And that diva who may or may not have mouthed the words to the national anthem to her own prerecorded voice? Yeah, well, so what? It was a big moment, and she wanted to sound her best.

Whether Beyoncé actually sang at last week's presidential inauguration — the jury's still out, and she's kept silent — is, on the surface, the textbook teapot tempest. Dig deeper, though, and the conversation — or lack of it — reveals something important about society at this moment. The big question is no longer whether reality matters. That ship sailed long ago. More to the point is this: Can reality compete?

"It's as if the fakery has become satisfactory," says Jonathan Vankin, co-writer of Forever Dusty, a musical that takes events from the life of the late soul singer Dusty Springfield and — carefully — dramatizes them.

Many, including some of Beyoncé's fans and friends, consider the inauguration debate ridiculous because, after all, even if she was lip-syncing, she was doing it to her own powerful voice. Fair enough. That ignores, however, two aspects of live performance.

First is what some consider an implicit contract between a performer and a live audience — the expectation that the audience deserves a performance that's in the moment and that might, just might, even be affected by the presence of the crowd. If none of that happens, then why not stay home, skip the hassle and listen to your iPod? And second, the version of Beyoncé's voice that might be recorded in a studio — with potential help from digital enhancement and "sweetening" — could be quite different from the one produced live on a windy, wintry January day.

It's hardly just music. These examples of artifice in miniature pop up everywhere in American culture — so much so that we hardly even notice it.

Fundraisers sending out bulk mail now commonly use envelopes shaped like personal greeting cards and do their utmost to make the address look like it's handwritten expressly to you, sometimes even adding "personal notes" that are "written" diagonally across the back. And at Walt Disney World, ground zero of artifice, you can go for a "Caribbean" vacation or a visit to "Morocco" without ever encountering the inconvenient realities of the actual locations such as, say, upset stomachs and poverty.

But it is in entertainment — a realm custom built for artifice — that this notion plays out most broadly.

Even the sordid saga of Lance Armstrong, which might seem to share little with the inaugural singing question, can teach us something. Sure, the main issues are that he doped, cheated and intimidated those who would have exposed him. But he, too, offered a not-quite-real public performance that, when you pull back the curtain, broke an implicit contract with his audience.

"Maybe, just maybe, we're all a little tired of being tricked, be it great trickery or be it small trickery," says Virginia Lee Blood, a musician and singer in Nashville, Tenn.

More than that, though, are we setting up unrealistic expectations about the world, piece by tiny piece? How can you persuade a young girl who wants to grow up to sing like Beyoncé that, yes, with practice and hard work she might belt out the national anthem one day at a major public event — if that performance turns out to be not entirely what it seemed?

Even Kurt Cobain, whose music was welcomed by many as a burst of show-business authenticity, struggled with the issue. In his 1994 suicide note he weighed in once more, this time about pretending to be enthusiastic on stage. "The worst crime I can think of," Cobain wrote, "would be to rip people off by faking it."

Of course, Cobain's band, Nirvana, also produced, much more famously, six words that encapsulated the era in which we live — and give us what is perhaps the ultimate verdict on this issue. "Here we are now," he sang. "Entertain us."

THE ASSOCIATED PRESS

Really?

## *This big old world is a messy one...*

"Reality is complicated, messy and uncertain. We want it to be shrink-wrapped and labelled clearly," says Mark Carnes, general editor of Past Imperfect: History According to the Movies and a historian at Barnard College. "We prefer the crisp clarity of sound bites and slogans to the blaring cacophony of the world around us."

# Tony Bennett. Singer reflects on 60 years with Columbia Records

Tony Bennett has achieved something that many pop stars are unlikely to equal: a major label career — the same label at that: Columbia — spanning 60 years.

It's unimaginable nowadays and even Bennett is surprised.

"I absolutely cannot believe I had my first hit with Columbia in 1951," the pop jazz singer tells Metro.

"I still love what I do and I think it's an honour to entertain people. That's what keeps me going."

Frank Sinatra famously gave Bennett a leg-up by name checking him as a personal favourite. But, before that, Bennett counts his teacher Mimi Speer as setting him up for success.

"She told me not to listen to other singers as influences because you then end up just sounding like one of the chorus," says the Astoria native.

"Instead, she encouraged me to listen to jazz musicians I admired and learn a vocal style from the way they played their instruments. I always loved the honey tones of Stan Getz's saxophone playing and the way Art Tatum presented his songs on the piano so dramatically. I crafted a style based on both of these jazz musicians."

Ultimately, it is perhaps Bennett's philosophy and foresight that forged his path, as revealed in the documentary The Zen of Bennett and autobiography Life is a Gift.

"I started out always wanting to achieve a hit catalogue and not just have hit songs," he says. "It forced me to stick to my guns, even when I was just a young pup at the record label and had to fight to record only high quality pop songs, and avoid novelty tunes that would hit it big for a few weeks and then be instantly forgotten."

Bennett's tour includes shows on and around Valentine's Day.

Will he switch around his repertoire to be more romantic?

"Since I work with jazz musicians, we are always changing things every day," says Bennett.

Any favourite smoochy songs? "One of my all time favourite romantic songs is All The Things You Are. It's a beautiful song."

LINDA LABAN, MWN

Tony Bennett credits his teacher Mimi Speer as setting him up for success early in his career. THE ASSOCIATED PRESS

Astronaut Chris Hadfield, who is currently floating beyond the stratosphere, is also posting pictures. HANDOUT

# Some giant tweets for mankind ...

**Chris Hadfield.** Canuck astronaut's foray into social media a success, with more than a quarter million followers

Canadian astronaut Chris Hadfield, who is currently floating beyond the stratosphere, may soon surpass Prime Minister Stephen Harper in the Twittersphere.

The 53-year-old astronaut has been tweeting daily from the International Space Station and now has more than a quarter of a million followers. Hadfield has received international attention and praise for the colourful, detailed photos of the world he's been sending since he arrived on the orbiting space lab on Dec. 21, 2012.

The Canadian space veteran passed the mark of 250,000 followers on Jan. 24 — just more than a month into his five-month stay on the space station. Entering the weekend, the country's prime minister had more than 290,000 followers, although most of the messages sent from his account, as happens with many prominent figures, have been ghost written by staff. That's not the case with Hadfield and other astronauts on the space station. All the tweets are his own and, according to one NASA official in charge of social media, that's what is being encouraged.

**Being social**

**"The success is due to Chris's passion, enthusiasm and eloquence."**

**Anna Kapiniari, Canadian Space Agency manager**
On why Chris Hadfield is popular on Twitter

"There's no ghost-tweeting or anything like that," said Amiko Kauderer, NASA's social media lead at the Johnson Space Center. "They (astronauts) truly are doing their tweeting."

Hadfield has earned some illustrious fans. Among those who have since exchanged tweets with him are William Shatner, the Montreal-born actor better known as Captain James T. Kirk from Star Trek. Canada's most prolific extraterrestrial tweeter has impressed Kauderer, who trains astronauts in the use of social media. "He's out of control — and it's good," Kauderer told The Canadian Press in an interview from Houston.

When Hadfield blasted into space and left Earth in December, he had only 20,000 followers on Twitter. He first started using the social media site back on Earth, in Sept. 2010, and he credits his two sons, Evan and Kyle, with pushing him into setting up his Twitter and Facebook accounts.

But Kauderer also said that astronauts are not required to get involved in social media when they are in space.

She pointed out that NASA astronaut Kevin Ford, who is currently aboard the space station with Hadfield, is not tweeting because he chose not to. "Tweeting is not included in their timeline, but they do have pockets of spare time built in," Kauderer said.

Anna Kapiniari, the Canadian Space Agency's manager of strategic communications, says the agency is "overjoyed" at the reaction people have had to Hadfield.

"The success is due to Chris's passion, enthusiasm and eloquence," she wrote in an email. "Canadians can tell he is authentic, has reflected on the experience and so his posts, even at 140 characters, have real meaning."

THE CANADIAN PRESS

# Jeremy Irons. British actor to feature in new PBS series Shakespeare Uncovered

Jeremy Irons will be exploring Henry IV and Henry V on the series. AP PHOTO

Jeremy Irons has a suggestion for Downton Abbey fans: Give William Shakespeare a try, too.

Irons is among the many prominent hosts of Shakespeare Uncovered, an inventive series tracing the origins of eight of the writer's plays through a combination of history, new analysis, selected scenes — and, for Irons, a gallop on horseback across a fabled battlefield. The series debuts 9 p.m. to 11 p.m. EST Friday (check local listings) on PBS, which happens to be the home of the hit period soap opera Downton Abbey.

Shakespeare Uncovered, along with PBS's planned fall airing of new films of four of Shakespeare's plays, "open up to this huge American audience this gold dust," Irons told reporters recently, and demonstrates that TV "doesn't end with Downton Abbey."

After then mischievously comparing Shakespeare to an Aston Martin and Downton to a Ford Fiesta, Irons admitted he hadn't seen the serial and was just having a bit of fun. But he's serious about the Bard of Avon. "Watch these Shakespeare productions and you'll see what real writing, what real stories, what real characters are about," he said.

The programs also present actor-writer Shakespeare as a 16th-century impresario who knew how to please audiences and exploit his own work by bringing back popular characters and crafting "prequels."

Shakespeare Uncovered opens with Ethan Hawke's exploration of Macbeth, including visits to the play's Scottish sites, a look at recent productions starring Patrick Stewart and Antony Sher, and an illumination of Shakespeare's grasp of the criminal mind. It's paired with Shakespeare Uncovered: The Comedies With Joely Richardson, about Twelfth Night and As You Like It.

Richard II with Derek Jacobi and Henry IV and Henry V with Irons air on Feb. 1, with David Tennant's look at Hamlet and The Tempest with host Trevor Nunn concluding the series on Feb. 8.

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

## *Rick Ross is in all sorts of trouble, as is the delightful Chris Brown*

THE WORD
Dorothy Robinson
scene@metronews.ca

First up is Mr. Ross, who crashed his Rolls-Royce into an apartment building around 5 a.m. on Monday. The rapper was apparently trying to flee from an attempted drive-by shooting in Fort Lauderdale. Authorities say unknown suspects fled before police arrived and that Ross and his companion were unharmed. That apartment building and Rolls — not so much.

Also on Monday, but on a different coast, Chris Brown and Frank Ocean were reportedly at the center of a brawl outside a Los Angeles recording studio.

The dispute erupted over a parking spot, with members of both men's entourages kicking off the fight. Brown, no stranger to brawls, left the scene before police arrived, though Ocean and his team stuck around to give a statement. Because of that, police are classifying Ocean as "the victim," a law enforcement source tells the website. Ocean took to Twitter to address the fight, posting, "got jumped by Chris and a couple guys.

I only wish [his dog] Everest was there. Cut my finger now I can't play with two hands at the Grammys."

Ha. I love how Brown likes to think of himself as the bad boy of R&B — and he gets into a fight over a parking spot. His street cred is seriously impressive.

## Ben and Jen trying to keep kids out of the biz

Ben Affleck and Jennifer Garner ALL PHOTOS GETTY IMAGES

Hollywood has been pretty good to Ben Affleck and Jennifer Garner, but that doesn't mean they want any of their three children going into the business. "I would do whatever I could to discourage that," Affleck tells E! News. "My kids have enough issues of being exposed in ways that I don't want them to be exposed, in magazines and shows and stuff." But if daughters Violet, 7, and Seraphina, 4, or 11-month-old son Samuel should show interest in acting? "You know, if you're interested in drama, there's great theatre classes and stuff and that's what's appropriate," Affleck says.

Randy Quaid

## Canada ain't too keen on Quaid

It looks like Canada doesn't want Randy Quaid hanging around much longer. The troubled actor — who along with his wife, Evi, face felony vandalism charges in Santa Barbara, Calif. — applied for permanent resident status in Canada, but the request has been denied, a Canadian government official confirms to the Washington Times. U.S. officials have not sought the actor's extradition, but Santa Barbara authorities have made it clear they plan to have the couple arrested if they set foot back on U.S. soil.

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Health

## Connecting the dots on exercise and health

Your triglyceride levels might stay on an even keel if you participate in light exercise, especially after meals, the journal of the American College of Sports Medicine reports.

Researchers looked at healthy participants not currently taking part in an exercise program.

Once the participants ate a meal and began a low-intensity regimen of walking and resistance exercises, their triglycerides' elevation levels were suppressed. To a lesser extent, eating after exercising had similar effects.

"High triglyceride levels can put individuals at risk for cardiovascular disease, heart attack, and other heart-related conditions," said lead investigator Wataru Aoi, of Kyoto Prefectural University in Kyoto, Japan. "Regular exercise is a good way to keep triglycerides from becoming elevated, and the results of this study may help individuals manage their triglyceride levels more effectively by considering the timing."

The reports appear in the February edition of Medicine & Science in Sports & Exercise.

MEREDITH ENGEL, MWN

# Don't be that kind of gym rat

**Etiquette.** How to deal with annoying people during your daily workout and how not to become one of the offenders

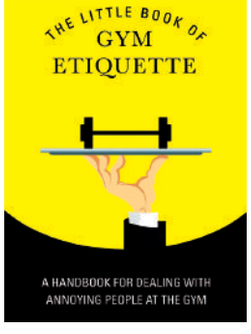
LINDA CLARKE
Metro World News

Lori Pines, a lawyer and avid gym-goer in New York City, was so fed up with bad gym behaviour interrupting her workouts that she wrote The Little Book of Gym Etiquette: A Handbook for Dealing with Annoying People at the Gym.

So, what's her biggest peeve?

"People leaving their things all over the place — towels, used water bottles, reading matter. They might be done with it, and they just leave it. They leave a water bottle on a machine and expect you to deal with it.

"People go to the gym to focus on themselves," Pines says.



The gym is a shared space. Make sure you're doing your part to keep it up and running. ISTOCK PHOTOS

"That's what it's all about — but you have to be aware of your impact on others around you, too. People don't try to be annoying, but they often aren't aware how they're affecting others."

If you're exasperated with a fellow exerciser, Pines says to try to let it roll off your back.

"The best thing to do is to stay calm. Go to another part of the gym. Try and laugh it off."

**How's your etiquette?**

**Here is Pines' checklist for what to remember:**

- **Don't be a slob.** "This applies to leaving things around, but also to cleanliness. In the locker room, there's nothing wrong with being naked — but put a towel down on the bench before sitting."
- **Don't be a hog.** "There's always one piece of equipment that everyone wants to use. Talk to the manager and ask them to enforce a time limit. Make sure that it's posted on the equipment."
- **Don't be a space invader.** "One example is the StairMill. People kick their legs out, wave their arms, go backward. It's really annoying to people on the next machine."
- **Don't be an exhibitionist.** "Exhibitionists wear inappropriate clothing with body bits hanging out. They make excessive noises."
- **Don't be a super-talker.** "Chatterboxes are so distracting. Cellphone talkers, trainers who talk loudly. Be friendly, but extensive conversation is not the objective at the gym."

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Depression studies

## Sweetened diet drinks may heighten depression risk

Researchers following a large group of adults since 1995 found that participants who drank more than four cans of soda, either sugar-sweetened or diet, on a daily basis were 30 per cent more likely to have been diagnosed with depression.

Consuming diet versions of soda was associated with a greater risk for depression than consuming versions sweetened with regular sugar.

**Significance**
No need to ditch the caffeine just yet.

The study also found that coffee lovers are about 10 per cent less likely to develop depression than those who abstain from it.

## Depressed stroke survivors more likely to die

Data from a 21-year study in California found that one in three people who suffer strokes develop depression, and the risk of dying from any cause was three times higher in people who had a stroke and depression compared to those who had a stroke without subsequent depression.

**Significance**
Other studies have found similar results, which might mean that depression may suppress the body's healing process

METRO

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If interested please contact Jody Wong at **(416) 586-4800 ext. 8119** or **wong@lunenfeld.ca** for more information.

(Note: Communication by email is not absolutely secure. Please do not include personal sensitive information in email.) Principal Investigator: Dr. Julia Knight (416) 586-8701

# Take the 90-day challenge and commit to a new you

**Resolutions.** If you're struggling to reach your goals, it's time to re-calibrate and remember that it's a marathon, not a sprint

CELIA MILNE
life@metronews.ca

If your New Year's resolutions are off to a rough start, perhaps it's time to realign your priorities. ALL ISTOCK PHOTOS

Want to be skinnier, richer and fitter?

We all start off well with New Year's resolutions, but good intentions begin to slip a bit by the end of January.

Whether you are trying to eat less processed food, quit smoking or spend less money, it's only human to revert to old habits.

But hang in there.

"Think of resolutions as marathons, not 100-yard dashes. Prepare for the long haul of a changed lifestyle," says Dr. John Norcross, psychologist at the University of Scranton in Philadelphia, PA, and author of the new book Changeology: Five Steps to Realizing your Goals and Resolutions.

No matter what goals you are aiming for, it's important to realize that you can't change overnight.

"Both psychological research and neuroscience tell us that 90 days are required to solidify a behaviour change," says Norcross.

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APOTEX ADVANCING GENERICS

**Resolutions**

**If your determination to change is waning, Norcross suggests some tactics to keep your resolution going in February.**

- **Get help.** Cultivate social support from coworkers, family members, friends or fellow resolvers.
- **Temptation.** Create a slip plan. For example, distract yourself from temptation by calling a friend or going for a walk.
- **Outlook.** Be positive about yourself and your successes.
- **Changes.** Remember that meaningful changes take more than three months.
- **Prepare.** Start by contemplating where you want to go, even if you're just not quite ready to start.
- **Action.** After you're prepared, get down to setting actual goals and realign priorities to reach those goals.

Best Health

# Let your pup become a doggie-donor

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Blood from one pooch can save up to four dogs. ISTOCK IMAGES

Did you know that your pet could be a blood donor? Just as with humans, there is often a shortage of blood supply for pets.

Some vet clinics have a resident cat partly for the purpose of donating blood to felines in need.

But for dogs, blood donations are sought from the community, and new donors are always needed.

According to Beth Knight, laboratory director at the Canadian Animal Blood Bank in Winnipeg, supporting sick or injured dogs with donated blood products, such as red blood cells and fresh plasma, increases treatment options, speeds recovery and helps them return to full health.

A dog may require blood products if he has been involved in a trauma such as being hit by a car, or is suffering from cancer, hemophilia, Von Willebrand's disease, parvovirus or anemia.

Donor dogs must meet certain criteria, including weighing 50 pounds or more and being young.

Depending on the program, blood is collected from either the dog's jugular vein or front leg; pressure is then applied to the injection site, just as with human donations. Up to four dogs could be saved from one donation.

While a transfusion won't guarantee a dog's survival, it can buy time for the animal to heal.

For a list of animal clinics and veterinary colleges across Canada that solicit canine blood donations, pick up the January/February issue of Best Health, on newsstands now.

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# Tropical escape on a plate: Swordfish with Mango Salsa

ROSE REISMAN
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Any firm fish will work with this recipe; try tuna or shark.

The key to perfect fish is to never overcook it — fish is best when slightly undercooked.

Parsley or dill can be substituted for the cilantro, and pineapple, papaya or peaches for the mango.

The salsa is also delicious with chicken or pork.

**1.** Preheat the barbecue to high or set the oven to 425 F. Line a baking sheet with foil and spray with cooking oil.

**2.** Barbecue or bake the fish for 10 minutes per inch of thickness, or until it flakes easily when pierced with a fork.

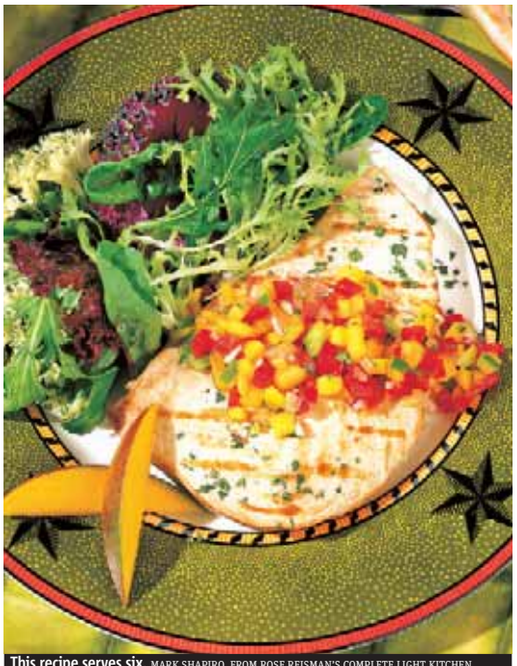
**3.** While the fish is cooking, combine the mango, red and green peppers, onion, cilantro, juice concentrate, lemon juice, oil, garlic and sugar in a bowl. Mix thoroughly. Serve the fish with the salsa spooned overtop.

**ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN.**

**Ingredients**

**Prep time: 15 minutes**
**Cook time: 10 minutes**

- Six 4-oz swordfish steaks
- 1 1/2 cups finely diced mango
- 3/4 cup finely diced red bell pepper
- 1/2 cup finely diced green bell pepper
- 1/2 cup finely diced red onion
- 1/4 cup chopped cilantro
- 2 tbsp orange juice concentrate
- 1 tbsp freshly squeezed lemon juice
- 2 tsp olive oil
- 1 tsp minced fresh garlic
- 1/2 tsp granulated sugar



**This recipe serves six.** MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

**Health Solutions**

## *Good ol' topical coffee*

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Don't you dare throw out those coffee grounds and tea bags! You are going to use them to replenish your tired, winter skin.

The anti-oxidants in both, along with the anti-inflammatory properties that they have, are just as potent when applied topically. To boot, they constrict blood vessels and can reduce redness, which may be helpful when Jack Frost does his bit on your cheeks.

### Green Tea Bath

Some of the finest spas provide hot tubs infused with green tea. For an overall skin soother, tie a handful of loose leaf green tea (cheap in Asian markets!) into a j-cloth. Let it infuse in the tub while it is running. You can save this tea sack for two or three days and use a few times over.

### Tea Bags

Great soothers for tired eyes once they cool off. Freeze them and spend a few minutes with them on puffy eyes. Just remember to drink water to reduce puffiness from the inside and to wash off any tea stains or you risk reducing puffiness only to enhance dark circles.

### Coffee ground

Excellent exfoliant for the body but a little too rough for facial skin. Rough knees, elbows, backs of arms that are suffering winter dryness are soothed and scrubbed in the tub. Use only tablespoons at a time lest you plug up a drain and have to go to a real spa to relax and recover from the plumbing problem.

**THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.**

# Take your taste buds to Mexico with Baked Burritos

Pantry staples like canned beans and pasta sauce are combined with fresh shredded veggies to create a delicious and nutritious baked burrito that kids and adults will love.

Look for "no fat" and "no added oil" when shopping for healthier pasta sauce options. Plus, stock up on spices. Cayenne pepper adds the Mexican flare without adding sodium.

Want to quickly add more protein to your burritos without the extra sodium? Use downtime to roast a whole chicken. Remove meat and store in your fridge. Freeze the bones for when you have spare time to make your own, low-sodium chicken broth.

**Ingredients**

- 2 small 6-inch (15 cm) low sodium multi-grain flour tortillas
- 1/2 cup (125 ml) low sodium refried beans
- 1/2 cup (125 ml) each shredded carrots and zucchini
- 1/2 cup (125 ml) diced cooked chicken
- 1 1/4 cup (300 ml) Healthy Choice Traditional pasta sauce, divided
- 4 tbsp (about 1/2 cup/ 125 ml) shredded cheese
- 1/2 tsp (1.25 ml) cayenne pepper (optional)
- 1 tbsp (15 ml) finely chopped cilantro, for garnish
- 1/4 cup (50 ml) guacamole (optional)

**This recipe serves one.** NEWS CANADA

**1.** Preheat oven to 375 F (190 C); place tortillas on working surface.

**2.** On each tortilla, evenly spread 1/4 cup (50 ml) beans; top with 1/4 cup (50 ml) each: shredded carrots, zucchini and diced chicken. Top with 1/8 cup (30 ml) Healthy Choice Traditional pasta sauce. Roll each tortilla around ingredients and place seam-side down in ovenproof baking dish.

**3.** Top with 1 cup (250 ml) Healthy Choice Traditional pasta sauce and shredded cheese and sprinkle with 1/8 tsp. (0.6 ml) cayenne pepper (optional); bake for 20 minutes or until cheese is melted and tortillas are slightly browned.

**4.** Garnish with freshly chopped cilantro and serve with an optional side of guacamole.

**NEWS CANADA/HEALTHYCHOICECANADA**

# Try to have a 'good' fight with your partner

**Discover what's really wrong.** Couples will often fight about petty things while the real source of their anger remains hidden

Fighting in relationships is inevitable. This is not necessarily a bad thing — working through conflicts only makes your bond stronger. Of course, there are completely unproductive ways to fight, and when we're fired up it's easy to fall into those patterns. The best thing you can do to ensure a "good" fight is to know what you're pissed about, and make sure you express it.

Knowing why you're mad can be trickier than you might imagine. Think about the things we tend to yell about. They're often small: leaving dishes in the sink, not taking out the trash or being 30 minutes late. Generally speaking, these small behaviours aren't the actual problem. Maybe they're annoying, but there's probably something deeper going on that made them so infuriating in the first place.

What we're truly upset about is generally much more profound and less nitpicky than what we express. We feel neglected, walked on, rejected or unloved. But because it's hard to pinpoint one specific behaviour that makes us feel this way, we grab onto something small yet tangible and have blow-out fights about three dirty plates.

We get mad about things that are easy to get mad about. These things don't illuminate past scars, current insecurities or deep-seated fears. They let us get out all our pain and anger without having to admit how much control our partner has over our happiness. But they also distract us from having conversations about what we really need. These feelings could poison the relationship if left unattended.

These more difficult issues that we're not confessing to our partners (and maybe even to ourselves) are the ones we need to bring up. Maybe we can't do it articulately. Maybe we don't have "facts" to support it. And maybe it makes us sound a little more vulnerable than we'd like to admit. But only by revealing your deepest wounds does your partner have any chance to heal them.

METRO NEW YORK

**The main offenders**

Things that couples fight about the most

- Money
- Free time
- Sex
- Household chores
- The children or pets
- Politics
- Religion

Find sense among the screams: Discover the real reason why you fight with your partner. ISTOCK PHOTO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# Avoid the stress of RRSP season

**Alison on Money.**
Setting up an automatic contribution plan will help you deal with this stressful time

YOUR MONEY
Alison Griffiths
money@metronews.ca

RRSP season can be stressful for those who juggle several financial commitments. ISTOCK IMAGES

It's the best of times and the worst of times — RRSP season. Best if you've been tucking money away monthly, allowing you to ignore all the hype and look forward to a tax refund.

But it is the worst of times for those who juggle a myriad of financial commitments and haven't managed to make a dent in their contribution room.

According to a recent BMO Financial Group study, 75 per cent of Canadians with an existing RRSP have made some kind of contribution during 2012.

But nearly 50 per cent of us are planning on a lump sum deposit before the March 1 deadline for the 2012 tax year. And that intention spells stress as Canadians try to catch up because they haven't contributed enough during the year.

The maximum you can deposit to an RRSP for 2012 is $22,970.

However, not even a third of eligible Canadians make retirement contributions at all. Of that group, fewer than 30 per cent use up their annual contribution room.

It's too late to do anything about 2012 unless you have a source of cash to boost your RRSP deposit by the deadline.

But you can certainly avoid RRSP season stress next year by setting up an automatic or systematic contribution plan.

Contributing to an RRSP on a regular basis makes so much sense. Aside from anything else it reduces stress at a time of year when most people are short of funds after the holiday season.

A good strategy is to establish an automatic transfer from your bank account to your RRSP when your pay cheque is deposited. Those who are paid every two weeks will make 26 contributions annually.

Another tip is to pick an amount that's not going to cause financial stress. Don't aim for the stars. It's better to start small and increase it once you've adapted to having the money gone before it can be spent.

If you already have an automatic contribution plan, bump it up by five to 10 per cent and aim to do that every year at this time.

**In numbers**

**$69,426.19**

**The value of $100 saved monthly for 25 years at six per cent average annual return (assuming dividends and interest re-invested).**

Tax refunds make handy RRSP contributions. However, I prefer to see that money used to pay down debt.

It is better to imbed regular retirement savings in your financial life just as you do rent or mortgage payments.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

## *Fitting the lottery into your plan*

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Sometimes I daydream about what it would be like to win the lottery. I can only imagine how $20 million could change my life and those around me.

If invested in a growing business, it could double in value and would surely last a lifetime. Wow! But the odds are stacked against every lotto ticket purchaser — one in tens of millions of people win. So why play?

Many people that do are drawn to the game because if their "what if" daydream actually comes true, the financial reward is greater than what a lifetime of working could ever produce.

For most Canadians, however, winning the lottery will never happen. If you're banking on winning the lottery to provide enough for your retirement, think again.

You have the ability to improve your financial odds thousands of times over simply by sticking with tried and true savings principles.

Rather than purchasing $25 a week in lotto tickets, invest that in a tax advantaged savings plan like the RRSP.

If you started contributing $25 a week at age 25, retired at 65 and earned eight per cent in your RRSP over the course of 40 years, you'd have $335,000 in retirement savings.

If you doubled that weekly amount, under the same scenario it would total $670,000 by retirement. (Run your savings scenario with the free retirement savings calculator at getsmarteraboutmoney.com.)

If, on the opposite side of the spectrum, you're making maximum contributions to your RRSP, TFSA and retirement savings program through work, then playing the lottery isn't the end of the world. It may actually improve your financial odds.

As with most things in life, moderation is key. If you're really feeling lucky, a lotto ticket purchase from time to time won't hurt. But don't play the lotto at the expense of paying your heating bill or making contributions to your retirement savings.

Always stick to tried-and-true financial planning principles; spend wisely, save and invest for your future (at least 10 per cent) and give back to your community.

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# Turning 'I care' into a career

First-person

## Meet the real deal

Cheryl Bebbington started her career as a social worker in 2004 as a program director at overnight summer camps. Following a one-year mentorship program working with youth and adults in Regent Park, Canada's oldest social housing project, Cheryl worked in group homes, helping adults with mental health and developmental problems. Today, she is a full-time program facilitator with the Salvation Army and a part-time addictions counsellor at Operation Springboard, a Toronto non-profit agency.

**Why I love my job:**
I love my job because it is constantly changing and always challenging ... the learning never stops. Last month, thanks to my interactions with clients, I learned about pardons, the criminal justice system, what constitutes a legal eviction and so much more.

My work helps me better understand human nature. It helps me understand why people do what they do and that gives me perspective. I always love to understand human beings. I'm an inquisitive person.

I feel privileged to experience people and their predicaments up close and personal. More importantly, though, I get to believe in people, to hold out hope to them, to discover their talents and to see the potential of people even when many others, including themselves, have lost hope. Call it a saviour complex, but I love being there for them.

## What is a social worker? Listening, learning and letting others lean on you all part of this fulfilling field

YLVA VAN BUUREN
careerbear.com

Social work — often called the caring profession — is a career focused on helping people live happily, healthily and successfully. And for some social workers, taking on larger social issues, such as poverty and domestic violence, comes with the job.

As a social worker, you might work in child welfare, counsel people who have addictions, facilitate programs that assist disenfranchised youth, or assist seniors in maintaining adequate housing.

Day-to-day, the job entails focusing on the well-being of troubled and/or disadvantaged people by helping them develop skills and resources through counselling, therapy and referrals. A social worker provides emotional support, advocates for clients, teaches new skills and/or links clients to resources in the community.

The Bachelor of Social Work undergraduate degree is the minimum educational requirement for entry into the profession. Postgraduate education leading to a master's or doctoral degree is also available.

As a social worker you could assist people who have issues relating to mental health, personal problems or even employment-related hardships. ISTOCK

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**Labour of love**

**"I get to believe in people, to hold out hope to them, to discover their talents and to see the potential of people even when many others, including themselves, have lost hope."**
**Cheryl Bebbington**
Social worker

**Career opportunities**

- Social worker (addiction, medical, psychiatric, etc.)
- Case management
- Children's aid investigator
- Community development
- Counsellor
- Youth worker
- Educator
- Hospital treatment team member
- Policy administrator
- Private practice

**Salary expectations**

$45,000 to $71,000
Source: Glassdoor, updated Dec 13, 2012)

**Career tracking**

Many social workers start out in group homes or in community work. They might progress to a counselling position and eventually work in management, for example as the executive director of a non-profit agency.

**Successful social workers are...**

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# Workplace wisdom for home helpers

**From the desk to the dishes.** Employing some office knowledge in everyday life might lighten the load and lead to greater home harmony

METRO WORLD NEWS
life@metronews.ca

If you find your work life to be a lot less hectic than your home life, you're not alone.

In fact, the discrepancy was so vast that it inspired husband-and-wife duo Caitlin and Andrew Friedman to pen their self-help book, Family Inc.: Office-Inspired Solutions to Reduce the Chaos in Your Home (and Save Your Sanity!) about how to institute the time-saving tactics you use at work in your home.

Here, the two share their advice on how to best delegate responsibilities among family members.

**Choose the tasks that you are going to delegate**

Pull out the weekly to-do list, as well as the short- and long-term goals, and see what you can thoughtfully pass along.

Consider your partner a resource and when you need the support, think about how you can use the time that you are already paying someone for and discuss the opportunities for your children to jump in and help out.

**Be available the first time your family member does the task so you can answer questions or help if they need it**

Dish out the delegation in a constructive manner and your little ones might be leaping up to lend a hand around the house. FLICKR / CLOGOZM

You can actually show someone how you want something done. If they don't follow your directions, then retrain them. Consider giving them a reason as to why you have a preference for how it gets done. It will be easier for them to remember when there is a reason attached.

**Give positive feedback and show your appreciation**

Accept that people aren't exactly like you and will approach tasks differently than you would. Let them. Thank them. Remember, if you delegate well, then you will end up with more support, more time and a group of people who want to help you.

**Take the time to explain the task and make sure that you have supplied them with all of the tools, equipment and information they need to do the job**

It may take forever to explain how to do anything the first time, but once you take the time to explain to your partner, mother-in-law, daughter or sitter how to do something around the house, you're done.

**Of chores and choices**

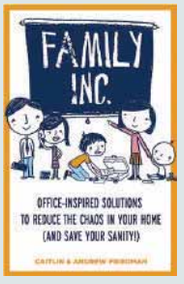
**Really think about the right person to do the task**

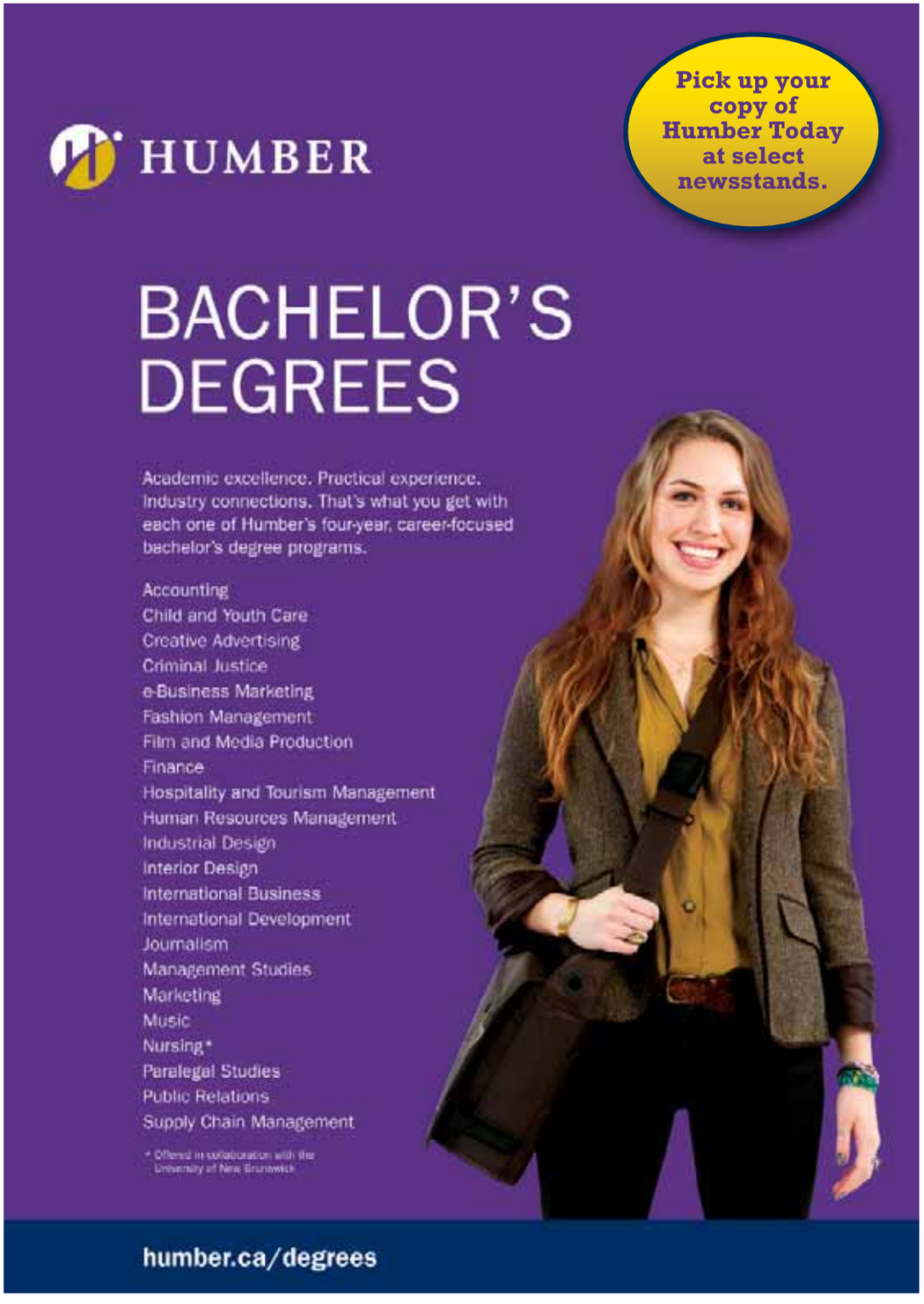
- "I am better at making dinner for the kids," you may think. You most likely can do it faster, but so what? If you are doing more than your share, then how much time are you really saving at the end of the day? Wouldn't it be better to let go of some of your list to free up some of your time?
- Anyone can get better at something if he or she puts in the effort, so give your family, your employees or your friends the chance to help you and improve their skills.

**How best to boss**

**"Remember, if you delegate well, then you will end up with more support, more time and a group of people who want to help you."**

**Caitlin and Andrew Friedman**
Family Inc.: Office-inspired Solutions to Reduce the Chaos in Your Home



It's never too late to take control of your cash. HEMERA/THINKSTOCK

# Time to tune up your finances

**Take control of your cash.** Take the first step to put good spending and saving habits in place

JANE DOUCET
For Metro

Do you feel like you never have enough money at the end of the month? And you can't figure out where your paycheques are going? If so, you aren't alone.

"Not knowing where money is being spent is one of the most common financial issues people have," says Harley Lockhart, the chair of Advocis, The Financial Advisors Association of Canada. Lockhart is also a certified financial planner and senior adviser at Quail Ridge Financial in Kelowna, B.C.

The good news? It's never too late to take control of your cash. "No amount is too small to start saving," Lockhart said. "Taking the first step can be tough, but it gets easier after you've put some good spending and saving habits in place."

Lockhart offers these tips on how to better manage your hard-earned dollars.

**Pinpoint your goals**

"My key role is to help identify financial issues that are creating stress for people, then help them focus on how to relieve those stressors," Lockhart said. He helps clients figure out what's important to them over both the short and long term — perhaps paying off debt or saving for a vacation, wedding or retirement — then creates a financial plan to help them meet those objectives.

**Track your spending**

An easy way to analyze expenses is to keep all of your daily receipts, then at night write down on a piece of paper each total and what it bought. Lockhart asks his clients to do this for a month, then meet with him to review the results. "Suddenly, they realize just how expensive their daily Starbucks coffee or takeout lunch is," he said.

**Create and stick to a budget**

Lockhart likes to impart this pearl of wisdom to clients:

**Common issue**

**"Not knowing where money is being spent is one of the most common financial issues people have."**

Harley Lockhart, chair of Advocis, The Financial Advisors Association of Canada

"If your out-go exceeds your income, your upkeep will be your downfall." In other words, if you spend more than you earn, you will go into debt trying to maintain a lifestyle you can't afford.

"That applies regardless of how much you make," Lockhart said. He helps clients draft realistic budgets that don't deprive them of affordable treats so they don't feel deprived.

**Don't bank on "bonus" cash**

Wishing for a lottery windfall or an inheritance from a wealthy relative? Don't count on it. "An estate settlement may not contain what you expect," Lockhart said.

"The only money you're going to have in the future for certain is what you're going to send there yourself."

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SPORTS 4

# Raptors run out of gas in 4th quarter

Golden State Warriors forward Carl Landry, right, shoots over Toronto Raptors forward Amir Johnson on Monday in Toronto. FRANK GUNN/THE CANADIAN PRESS

**NBA.** Fatigued Toronto team held scoreless for nearly six minutes in final frame in loss to Golden State

Dwane Casey saw it as everyone did.

He looked out to see his Raptors struggling and lacking any large measure of fire and it was as if the cumulative impact of a difficult couple of weeks caught up with them all at the same time.

They are sick and they are tired and they are beaten up, so what happened at the Air Canada Centre on Monday could not have come as a big surprise.

Held scoreless for almost six minutes at the start of the fourth quarter, the Raptors finally capitulated to a large measure of fatigue and were soundly beaten, 114-102, by a group of bigger, faster, stronger, fresher Golden State Warriors.

"I see fatigue," Casey said succinctly and correctly about what had transpired in the game. "I see mental and physical fatigue a little bit."

And it was never more evident than in the fourth quarter, when the wheels fell off. The Raptors trailed by only two heading into the final 12 minutes and visions of another nip-and-tuck finish were dancing in everyone's head.

But after John Lucas III — pressed into action when a bad back sidelined Kyle Lowry — hit a jump shot 58 seconds into the period, the Raptors didn't score another basket until Amir Johnson made a jump hook 5:52 later.

The deficit had been one after the Lucas shot, it was 11 when Johnson scored and the game was over.

"We wanted to come down and execute and I didn't think we executed at the beginning of the fourth quarter," said Casey. "We got some good shots … and if we knock down shots we're right in the game and we didn't make shots at the beginning of the fourth quarter and that was the ball game."

But before the absence of Lowry, who would have been on the floor at that time normally, lays any blame at the feet of Lucas, it wasn't as if the Raptors couldn't get a shot; they just couldn't make one.

"It would have helped, believe me, but I thought it was a byproduct of us not making shots more than us missing anybody," said the coach. "I thought Terrence (Ross) had some good looks, Alan Anderson had some good looks, we had some point-blank looks right at the rim. You make those shots and it's a different ball game."

Aaron Gray, who only started because Golden State made a late move to activate Bogut, had a career high 22 points for Toronto while DeRozan had 21 and a career-best nine assists.

Warriors guard Stephen Curry finished with 17 points in 26 minutes before exiting late in the third quarter with a twisted ankle.

TORSTAR NEWS SERVICE

**Monday's game**

| Warriors | Raptors |
|---|---|
| 114 | 102 |

**Golf**

## Tiger takes another one at Torrey Pines

Tiger Woods is a winner again at Torrey Pines, and the only question Monday was how long it would take him to finish.

Woods stretched his lead to eight shots in the Farmers Insurance Open before losing his focus and his patience during a painfully slow finish by the group ahead.

Despite dropping four shots over the last five holes, he still managed an even-par 72 for a four-shot victory.

He won the tournament for the seventh time, one behind the record held by Sam Snead, who won the Greater Greensboro Open eight times. It was the eighth time Woods won at Torrey Pines, which includes his 2008 U.S. Open win. THE ASSOCIATED PRESS

Tiger Woods celebrates Monday's win at Torrey Pines in La Jolla, Calif. GETTY IMAGES

**NHL**

## Subban strikes 2-year deal to stay a Canadien

Defenceman P.K. Subban will be rejoining the Montreal Canadiens after signing a two-year, $5.75-million US contract on Monday.

He will make $2 million the first year after having earned $875,000 last season on an entry-level contract.

THE CANADIAN PRESS

# Gore gets his chance to shine with Niners

Running back Frank Gore celebrates after scoring a touchdown against the Packers on Jan. 12 in San Francisco. STEPHEN DUNN/GETTY IMAGES

Frank Gore never lost hope.

Not through all the injuries, all the losing early in his career.

That perseverance finally paid off this season for the San Francisco running back.

The 29-year-old Gore helped the 49ers reach the Super Bowl for the first time since 1995, a triumph that is especially sweet given all he's been through. He tore up both knees in college. He underwent major surgery on both shoulders after he got to the pros. He lost part of another season to a hip injury.

Not to mention, Gore didn't experience winning in the NFL until his seventh year.

"It was tough, real tough," he said Monday. "It was tough coming to work, especially for me coming from a winning program (Miami) in college. I was never used to losing. I used to take it hard."

One of his teammates, fullback Bruce Miller, has noticed the determination in Gore's eyes as the team prepares to face the Baltimore Ravens in the title game Sunday.

**Quoted**

**"He can do it all.... I love to watch him."**

**Niners running back Frank Gore** on his Ravens Super Bowl counterpart Ray Rice

"It means a lot to him," Miller said. "In meetings and at practice, you can see how intense and focused he is. He's worked hard for it."

The Ravens have their own threat out of the backfield.

Like Gore, Baltimore's Ray Rice has been overshadowed by more prominent teammates, namely quarterback Joe Flacco and retiring linebacker Ray Lewis.

Gore is a power back, someone who can churn out the tough yards between the tackles, while Rice is more of a slasher who can dart through the small openings to break off big gains. THE ASSOCIATED PRESS

Phil Kessel reacts after the Leafs' home-opening loss to the Sabres last Monday. Kessel has yet to score through five games this season. ABELIMAGES/GETTY IMAGES

# Maple Leafs languish while picks flourish

**NHL.** History of trading away 1st-rounders and prospects will be on display in Boston this Saturday

Thank you, Kessel.

It's what Bruins fans chant whenever the Maple Leafs go to Boston. They are thankful Toronto traded two first-rounders and a second for Phil Kessel in 2009. Those first-rounders were turned into studly centre Tyler Seguin and Dougie Hamilton, a top blue-line prospect.

When you go back over the Leafs' recent history, had just a few moves been done differently — and more young players held onto — a radically different starting lineup could have emerged.

Bruins fans might also be thankful that the Leafs, having determined Ed Belfour was no longer welcome in blue and white in 2006, traded goalie prospect Tuukka Rask to Boston for Andrew Raycroft. The Leafs host Boston, with Rask the No. 1 man in net, on Saturday.

San Jose Sharks fans, too, can be grateful that the Leafs — having determined in 2007 that Raycroft wasn't the answer, either — traded a first-round pick for Vesa Toskala. The Sharks ended up with Logan Couture and his back-to-back 30-goal seasons.

"What would the Leafs look like with Tuukka Rask, Logan Couture, Tyler Seguin and Dougie Hamilton?" says Craig Button, a former NHL general manager and now analyst for TSN. "You'd have a No. 1 and No. 2 centre, a top-three defenceman and a No. 1 goalie."

Imagine, everything the Leafs are looking for today, they could have had simply by being patient. Seguin at centre with Nazem Kadri and Joffrey Lupul on the wings, a blue-line built around youngsters Jake Gardiner, Dougie Hamilton and Morgan Rielly, all protecting Rask.

And now that Kessel has gotten off to a slow start — the perennial 30-goal scorer has none in five games — the calls have come demanding he be traded.

"That's nuts," said Kadri, drafted seventh overall in 2009. "I don't know how anyone can come to that conclusion. Phil is a natural goal-scorer. For him to have a slump like this — to most guys, five games isn't a slump — he's just got to keep shooting the puck."

TORSTAR NEWS SERVICE

**Quoted**

**"Once he gets one, he'll probably get two, three and four in the same game."**

**Leafs forward Nazem Kadri** sticking up for slumping teammate Phil Kessel

# Davis Cup. Raonic healthy heading into Spain draw

Milos Raonic felt after his defeat to Roger Federer at the Australian Open last week that some relaxation was necessary. Off to Whistler he went.

Rest and recreation time is over.

Raonic will be counted upon by fans and media to be Canada's star performer against Spain in the Davis Cup World Group first-round tie, which goes Friday to Sunday in Vancouver.

The winner moves on to the Davis Cup quarter-finals in April.

Canada's roster also includes Frank Dancevic, 40-year-old and 80-time doubles champion Daniel Nestor and Vancouver's Vasek Pospisil.

Of the four, only the 22-year-old Raonic is ranked among the top 100 men's singles players in the world at 15th.

"It is in a sense but at the same time it's a team event," Thornhill's Raonic said Monday when asked if this is his squad to lead.

"So you've just got to focus on yourself ... and hopefully I'm playing really well."

Raonic had been dealing with inflammation in the joints of his left foot while in Melbourne.

"Perfect. No problems," Raonic said of his health after Monday's practice.

Canada comes into this competition 12th in the Davis Cup rankings.

Spain is tops and a five-time champion.

The Spanish will be without their top three players — David Ferrer, Rafael Nadal and, most recently Nicolas Almagro due to a reported leg injury.

CAM TUCKER/METRO IN VANCOUVER

Thornhill's Milos Raonic practises on Monday in Vancouver. THE CANADIAN PRESS

## Obama holds court with the King

Miami Heat superstar LeBron James speaks to U.S. President Barack Obama in the East Room of the White House on Monday. President Obama honoured the Heat for winning the 2012 NBA championship.

"Everybody doing their part is what finally put the Heat over the top," Obama said.

James, who presented Obama with an autographed basketball, said the Heat were honoured. "We're in the White House right now, which is like, 'Mama, I made it,'" James said. MARK WILSON/GETTY IMAGES

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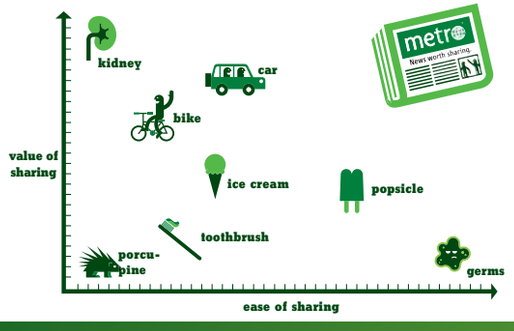


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Clue of the Day: "Outraged cyclists picketed the launch of Michael Bryant's 28 *seconds*, a memoir concerning courier Sheppard's death."

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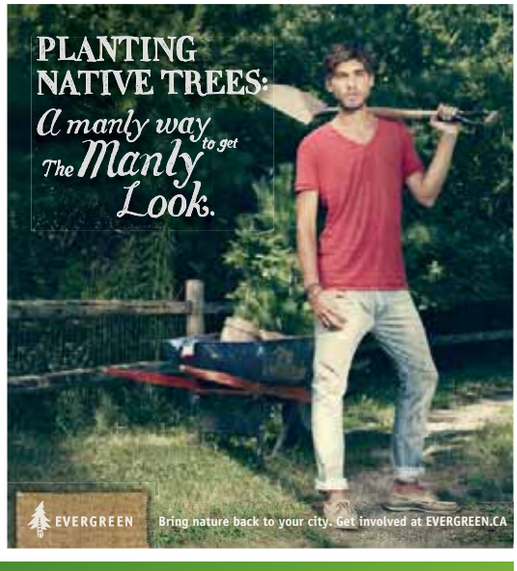

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## Horoscopes

### Aries
**March 21 - April 20**
Focus on the things that are going well for you rather than the things that are going wrong. Financially and affectionately, you have much to look forward to. So, be positive and before long positive things will occur.

### Taurus
**April 21 - May 21**
Try not to be too concerned about what you own and what you earn. Jupiter's imminent move in your favour will resolve most if not all your financial problems, so why should you worry? Times are not so tough.

### Gemini
**May 22 - June 21**
You seem rather excitable at the moment — much like most other moments really, only more so. Maybe it's because you can sense that something wonderful is about to happen. Be ready for it and enjoy it.

### Cancer
**June 22 - July 23**
It may seem as if your life is falling apart but only because you are looking at it from an entirely negative angle. Compared to most people, you have it easy. You don't believe that? Look around you at the world.

### Leo
**July 24 - Aug. 23**
You will need to be flexible today, so don't plan your schedule in too much detail. In fact, don't plan it at all. No matter what you are doing, you must be ready to drop it all — even at a moment's notice.

### Virgo
**Aug. 24 - Sept. 23**
Now is the time to cosy up to your employers and other important people. With Jupiter about to move in your favour in the career area of your chart, you will know just what to say to get the desired effect.

### Libra
**Sept. 24 - Oct. 23**
You must keep dreaming, even if too many of your dreams have failed to come true. Cosmic activity in the best areas of your chart suggest it won't be long before your luck turns — and it will turn big time.

### Scorpio
**Oct. 24 - Nov. 22**
You will do yourself a lot of favours if you resist the urge to reply in kind to any adverse comments you might receive from those you work or do business with. Count to 10. Make that 20, actually.

### Sagittarius
**Nov. 23 - Dec. 21**
Jupiter's presence in your opposite sign of Gemini will make it easy for you to empathize with loved ones, friends, even strangers. You understand that, like you, they are all striving to be the best they can be.

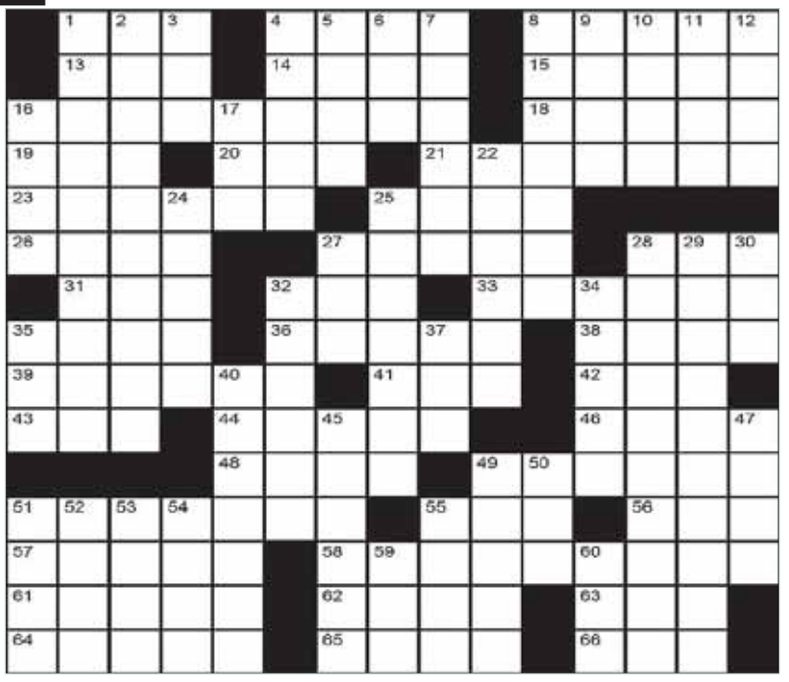
### Capricorn
**Dec. 22 - Jan. 20**
A light-hearted approach to life will make it easier to deal with the heavy duties you are labouring under. Whatever you are expected to do, at home and at work, don't take it too seriously (but do it well).

### Aquarius
**Jan. 21 - Feb. 19**
You can feel that something special is about to happen, something that has been building up behind the scenes for months. Jupiter, planet of prosperity, is about to bring many good things your way.

### Pisces
**Feb. 20 - March 20**
How can you make your home life more exciting? That is the question you have been struggling with in recent weeks and the good news is you are about to find out. Don't let others' negativity hold you back. SALLY BROMPTON

## Crossword: Canada Across and Down

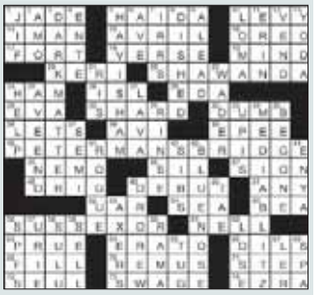
BY KELLY ANN BUCHANAN



**Across**
1. Pressure meas.
4. Research papers, e.g.
8. Coffee brand est. 1896 in Vancouver
13. Tsar's li'l land
14. Hawaiian island
15. Chicago's airport
16. Brad Pitt movie: 2 wds.
18. Aussie actress Ms. Wilson
19. "This __ _ recording..."
20. Dixie Cups song, when doubled
21. Unyielding
23. Financial magazine
25. Persia now
26. Past person of Peru
27. Calamari
28. William to Harry, for short
31. __ cake
32. __ Na Na
33. Old West hangout
35. Lettuce variety
36. "Shout" by The __ Brothers
38. Ms. Poehler's
39. Plane name
41. Belonging to the intl. org. based in NYC
42. Sports org.
43. Canonized titles [abbr.]
44. Legendary Canadian heavy metal band
46. Serene
48. Tightly stretched
49. Veer
51. Adele's Oscar-nominated song
55. 1990s trial Judge
56. Slang-style insult
57. Hammer _ __ in
58. Green Gables area of PEI
61. Montreal-born country singer Ms. Clark
62. "Get _ __ Up" by John Mellencamp
63. Some vowels
64. "You Won't __ __" by The Beatles
65. Bananarama song: "Robert De __'s Waiting"
66. __. _, "The A-Team" star

**Down**
1. Warden's worry: 2 wds.
2. Tea party items: 2 wds.
3. 'Book' suffix
4. Enjoys heavy metal
5. __ Alto, California
6. Wed.'s follower
7. Automaker of Japan
8. Rouyn-__, Quebec
9. "Cough..."
10. The Who's "__ O'Riley"
11. Lucy Liu's 'Kill Bill' role, _-__ Ishii
12. Fashion accessory
16. Minnie Mouse's pet dog
17. Fasten
22. Namesakes of Donald Duck's beloved
24. Disney deer
25. Nunavut's capital
27. Quietude requests, variantly
28. Canadian aircraft manufacturer
29. Typical item on Charles and Camilla's itinerary: 2 wds.
30. Offs opposites
32. Newfoundland attraction, __ Hill
34. Oprah's recent interviewee
35. Blues guitarist Mr. King's
37. Made-bigger pic
40. Cape Breton fiddler Ms. MacMaster
45. What Spock's father was
47. Fit
49. Prefix to 'saurus' (Plated-back dino)
50. Triumphed
51. TGIF followers
52. Human hinge
53. Handled easily, as a ship
54. Tom Cruise movie, "The __" (1993)
55. Folkie band, Bon __
59. CNN's Mr. Velshi
60. Built by a beaver

### Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | | | | | 4 | 9 | 2 | |
| | 5 | | | 8 | | 3 | 1 | |
| 3 | | | 6 | | | | | 4 |
| | | | | 6 | | | 5 | 8 |
| | | 5 | | | | 7 | | |
| 2 | 9 | | | 7 | | | | |
| 7 | | | | | 8 | | | 5 |
| | 4 | 9 | | 3 | | | 7 | |
| | 6 | 8 | 1 | | | | | 3 |

### Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 6 | 1 | 5 | 8 | 2 | 7 | 9 | 3 |
| 3 | 5 | 9 | 1 | 6 | 7 | 8 | 2 | 4 |
| 8 | 2 | 7 | 3 | 9 | 4 | 6 | 1 | 5 |
| 6 | 9 | 2 | 4 | 7 | 1 | 5 | 3 | 8 |
| 5 | 7 | 4 | 9 | 3 | 8 | 1 | 6 | 2 |
| 1 | 3 | 8 | 6 | 2 | 5 | 4 | 7 | 9 |
| 7 | 8 | 6 | 2 | 4 | 3 | 9 | 5 | 1 |
| 9 | 1 | 3 | 8 | 5 | 6 | 2 | 4 | 7 |
| 2 | 4 | 5 | 7 | 1 | 9 | 3 | 8 | 6 |

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